DIRECTIONS

Lisbon

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VISIT…

Lisbon

DIRECTIONS

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Introduction to

Lisbon

Set across a series of hills overlooking the broad estuary of the Rio Tejo (River Tagus), Lisbon's stunning location and effortless beauty immediately strike most first-time visitors. It's an instantly likeable place, a big city, with a population of around two million, but one that remains human enough in pace and scale to be easily taken in over a long weekend.

Although officially the European Union's least expensive capital, Lisbon was once one of the continent's wealthiest cities, controlling a maritime empire that stretched from Brazil in the west to Macau in the east. Many of this era's grandest buildings were destroyed in the Great Earthquake of 1755, and much of today's city dates from the late eighteenth and nineteenth centuries. These days, apart from its individual sights, the biggest attraction has to be its streetlife: nothing beats watching the city's comings and goings from a pavement café over a powerful *bica* coffee or Portuguese beer. Alongside the cobbled streets and crumbling mansions are

When to visit

Lisbon is comfortably warm from April to October (average daily temperature 20–28ºC), with cooling Atlantic breezes making it less hot than Mediterranean cities on the same latitude. Most Lisbon residents take their holidays in July and August (27–28ºC), which means that some shops, bars and restaurants close for the period and the local beaches are heaving. Lower temperatures of 22–26ºC mean September and October are good times to visit, as is June, when the city enjoys its main festivals. Even in mid-winter it is rarely cold and, as one of Europe's sunniest capitals, the sun usually appears at some stage to light up the city.

Lisbon street scene

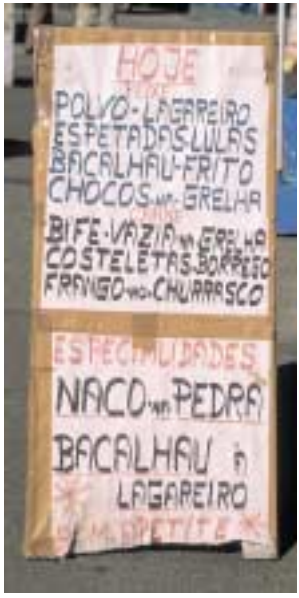
countless cosmopolitan bars and restaurants, many of them influenced by the tastes of immigrants from Portugal's former colonies. The city's buoyant nightlife scene is just as eclectic, ranging from the traditional fado clubs of the Alfama district to glitzy venues playing African and Brazilian beats.

If you're fit enough to negotiate its hills, Lisbon is a great place to explore on foot: get off the beaten track and you'll find atmospheric neighbourhoods sheltering aromatic *pastelarias* (patisseries), traditional

Gulkenkian Gardens

Baixa grocers

shops, and shuttered houses faced with beautiful azulejo tiles. Getting around by public transport can be fun in itself, too, whether you're cranking uphill on one of the city's ancient trams, riding a ferry across the breezy Rio Tejo, or speeding across town on the underground metro, whose stations are decorated with adventurous contemporary art.



Restaurant menu of the day

Should city life begin to pall, take the train out to the beautiful hilltop town of Sintra, northwest of Lisbon, whose lush wooded heights and royal palaces comprise a UNESCO World Heritage site. Alternatively, the lively beach towns of Estoril and Cascais are just half an hour away, with the best beaches lying south of the city, along the Costa da Caparica, where Atlantic breakers crash on miles of superb dune-backed sands. Further south still, the popular resort of Sesimbra sits at the edge of the craggy Arrábida nature reserve.

›› LISBON AT A GLANCE

Arco da Rua Augusta, Baixa

Baixa

The eighteenth-century grid of the lower town is enclosed by hills and linked to the surrounding districts by a network of cobbled streets. Its elegant squares, filled with cafés, buskers and hawkers, form the hub of central Lisbon's daily activity.

Alfama

East of Baixa, this is the oldest, most traditional part of Lisbon, a village within a city, whose steep, whitewashed streets are so narrow that vehicles can barely enter. Overlooking it is a craggy hill topped by the leafy shell of the Castelo de São Jorge.

Chiado and Cais do Sodré

Immediately west of Baixa, Lisbon's most elegant shopping area rubs shoulders with the more earthy riverside district of Cais do Sodré.

Bairro Alto

The upper town, northwest of Chiado, and best reached by one of the city's unique *elevadores* (funicular railways), shelters some of the city's best restaurants, bars and clubs. Further west, the redeveloped Alcântara docks is another nightlife hub.

Bairro Alto street

Belém

West along the Tejo, this historic suburb, 6km from the centre, was where many of Portugal's great maritime explorers set sail

Flower seller, Cais do Sodré

Rua Vieira Portuense, Belém

Overlooking the Alfama at dusk ▸

to explore the new world. The turreted Torre de Belém has become Lisbon's most recognizable landmark.

Fundação Calouste Gulbenkian

North of the centre, this is an outstanding museum and cultural complex with an extraordinarily rich collection of ancient and modern art.

Parque das Nações

Five kilometres east of the capital, this futuristic park occupies the former Expo 98 site, and has developed into a hugely popular riverside theme park, with Europe's second largest oceanarium just one of its attractions.

◂ Parque das Nações

Ideas

The big six sights

Lisbon is not known for one particular sight, but boasts a range of must-see attractions from the ultra-modern **Oceanarium** to the ancient **Alfama** district. All are within thirty minutes of the centre, which means you can comfortably visit all six sights in a long weekend. Lisbon has the lowest cost of living of any EU city, so the entry fees will barely dent even the tightest budget.

Fundação Calouste Gulbenkian

From Ancient Egyptian to René Lalique via Jean-Antoine Houdon: one man's astonishing private art collection housed in a stylish cultural centre.

P.143 PARQUE EDUARDO VII AND THE GULBENKIAN

Castelo de São Jorge

Originally a Moorish castle and later a palace and prison, the ruined castelo is now a tranquil haven with a bird's-eye view of the city.

P.90 CASTELO, MOURARIA AND GRAÇA

Mosteiro dos Jerónimos

A monastery built to commemorate Vasco da Gama's discovery of a sea route to India, with flamboyant Manueline architectural features.

P.129 ▸ BELÉM

Torre de Belém

Another superb example of the Manueline style, this ornate tower was built to defend the mouth of the Tejo river and has become the tourist board's icon for Lisbon.

P.132 ▸ BELÉM

Alfama

Lisbon's village in the heart of the city, a higgledy-piggledy maze of steps and tortuous alleys where life continues much as it has for centuries.

P.84 ▸ THE ALFAMA AND THE RIVERFRONT

Oceanário de Lisboa

Europe's most spectacular oceanarium, with a massive high-tech central tank containing all forms of sea life, from otters to sharks.

P.152 ▸ PARQUE DAS NAÇÕES

Get moving

Lisbon differs from most cities in that getting around really is half the fun. With some of the steepest urban gradients in Europe, the city has developed a fleet of **funicular railways** and **street lifts** that crank up and down some of its back-breaking hills. Most of the funiculars date back to the nineteenth century or early 1900s, as do the wonderful **trams** whose routes skirt the central areas. Getting out of the city is also enjoyable, either by taking the train to Cascais or by crossing over the broad Tejo estuary on a ferry.

Trams

Lisbon's five remaining tram routes are worth taking for the ride alone, though fortunately all the trams ply useful routes for tourists.

▸ P.197 ▸ ESSENTIALS

Elevador da Santa Justa

Lisbon's answer to the Eiffel Tower, a giant street lift whose iron latticework dominates this section of the Baixa district.

▸ P.69 ▸ THE BAIXA

Elevador da Bica

The city's most atmospheric funicular, starting under a hidden arch and gliding up a precipitous residential street.

P.99 ▸ CAIS DO SODRÉ & CHIADO

The toy train, Belém

The toy train is a quirky way to get around Belém's sights – great fun for children or those who are kids at heart.

P.133 ▸ BELÉM

Linha de Cascais

The spectacular train line from Cais do Sodré hugs the contours of the Tejo on the way to the beaches of Cascais, at times coming so close to the water that waves splash the tracks.

P.168 ▸ CASCAIS AND ESTORIL

Ferry to Cacilhas

Take the short, blustery commuter ferry to Cacilhas from Cais do Sodré across the Tejo for great views back over the city.

P.172 ▸ SOUTH OF THE TEJO

Elevador da Glória

Save your legs for the dance floor by taking the funicular route up to the Bairro Alto, the "high district" and home to the city's best bars and clubs.

P.106 ▸ THE BAIRRO ALTO

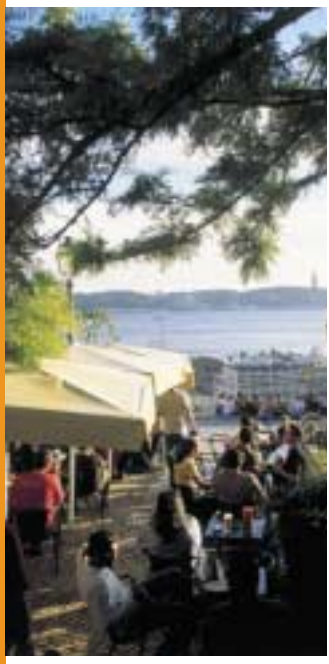
Viewpoints

Old Lisbon's houses and churches are tightly packed across a series of hills facing the Tejo. At times it is easy to forget what a beautiful natural position the city occupies, then suddenly a glimpse of a staggering vista is revealed between two buildings or down a steep street. The best views, however, are to be had from strategically placed **miradouros**, or viewpoints, usually frequented by the elderly for animated games of cards or dominoes, and the latest gossip.

Miradouro de Santa Luzia

The best place to see over the terracotta rooftops of the Alfama and the eastern riverfront.

P.86 THE ALFAMA AND THE RIVERFRONT



Miradouro de Santa Catarina

Tucked-away miradouro offering dazzling views of the western riverfront. A popular hang-out for Lisbon's alternative crowd.

P.100 CAIS DO SODRÉ & CHIADO

Miradouro de São Pedro de Alcântara

A broad, tree-lined viewpoint from where you can gaze down on the Baixa and the castle opposite.

P.106 THE BAIRRO ALTO

Miradouro da Graça

Viewpoint on Lisbon's highest hill, from where you can admire the castle and survey the whole of the city.

P.91 THE ALFAMA AND THE RIVERFRONT

Elevador de Santa Justa

Not for vertigo sufferers, but ideal for a hawk's-eye view of the old town and the river.

P.69 THE BAIXA

Parque Eduardo VII

The top of the park offers an exhilarating panorama encompassing Lisbon and beyond, as far as the hills of Arrábida.

P.141 PARQUE EDUARDO VII AND THE GULBENKIAN

On the waterfront

The Tejo was the departure point for some of the world's greatest explorers. But surprisingly for such a great maritime city, Lisbon's waterfront was largely neglected until the late twentieth century, when its crumbling **warehouses** and **docks** were given a complete makeover. Now the Tejo has become a focal point once more, with waterside **clubs, cafés and restaurants** offering great outdoor terraces facing the river, so wide at this point that it is known as the "Sea of Straw".

Parque das Nações

The former Expo site has evolved into one of Lisbon's most popular waterside suburbs, with modern housing, cafés, restaurants and attractions all boasting fantastic Tejo views.

▸P.150 ▸ PARQUE DAS NAÇÕES ▲

Praça do Comércio

Historic Lisbon's riverside heart, a beautiful arcaded square and once the site of the royal palace.

▸P.67 ▸ THE BAIXA ▲

Cais do Sodré

Slightly down-at-heel ferry and train interchange with highly atmospheric river-side walks.

P.98 ▸ CAIS DO SODRÉ AND CHIADO

Doca de Santo Amaro

An attractive marina towered over by the Ponte 25 de Abril, a lively place for a drink or meal at any time.

P.124 ▸ ALCÂNTARA AND THE RIVERFRONT

Belém

Developed by Salazar during a wartime Expo, the suburb of Belém has enough museums and attractions to warrant a full day-trip.

P.128 ▸ BELÉM

Historical Lisbon

Olisipo was the administrative capital of Roman Lusitania, but the city grew up under **the Moors**, who occupied the city from 711 to 1147. The Moors were driven out by ruthless **Christian crusaders** in 1147 when Afonso Henriques became Portugal's first king. Within 400 years, Lisbon had become an economic powerhouse thanks to its opening up of **trading routes** around the world, and sumptuous monuments and churches were erected as symbols of its wealth. But its golden age ended with the 1755 **earthquake**, and most of today's older buildings were built in the late eighteenth and nineteenth centuries.

Alfama

This was once the centre of Moorish Lisbon, named *alhama* (hot springs) after the waters that rose here.

P.84 ▸ THE ALFAMA AND THE RIVERFRONT

Padrão dos Descobrimentos

Belém means "Bethlehem", and this angular concrete monument commemorates the birth of the journeys to the new world in the fifteen and sixteenth centuries.

P.132 ▸ BELÉM

The Baixa

Europe's first great example of Neoclassical urban planning, the downtown area was built over the rubble of Lisbon's calamitous earthquake.

P.67 ▸ THE BAIXA

Avenida da Liberdade

This palm-lined avenue, laid out in the 1880s, created a new city axis, allowing Lisbon to spread north and away from the river.

P.136 ▸ AVENIDA DA LIBERDADE AND AROUND

Ponte 25 de Abril

Built in 1966, this towering suspension bridge was originally called Ponte de Salazar after the dictator who ruled the country with an iron fist for much of the twentieth century.

P.124 ▸ ALCÂNTARA AND THE RIVERFRONT

Euro 2004

Holding the finals of the Euro 2004 soccer championships is the latest jackpot for Lisbon, following on from being European Capital of Culture in 1994 and hosting Expo 98. Benficas Estádio da Luz is its main venue.

P.148 ▸ NORTHERN LISBON

The best museums

For a relatively small city, Lisbon has quite a plethora of museums. Many are of specialist interest or downright dull, but a few compare favourably to the best in the world. For around €3 a museum, you can enjoy many of Europe's finest painters and sculptors and view some of Portugal's greatest artists throughout the ages. Lisbon is also gaining a reputation for **contemporary art** and design, with two excellent centres for modern art and its own **design museum**.

Centro de Arte Moderna

Some stunning works of modern art from the best of Portugal such as Paula Rego, with an increasing British presence, including Anthony Gormley.

P.144 ▸ PARQUE EDUARDO VII AND THE GULBENKIAN

Museu Nacional de Arte Antiga

Portugal's national gallery, with sumptuous works by the likes of Nuno Gonçalves and Hieronymus Bosch, alongside applied arts from Portugal's former colonies.

P.120 ▸ SÃO BENTO, ESTRELA AND LAPA

Museu da Marinha

All you ever wanted to know about the Portuguese maritime explorations, battles and boats.

P.130 ▸ BELÉM

Museu do Design

A history of modern design from the 1930s to the present day, taking in marshmallow chairs, kitsch designs and Philippe Starck pieces.

P.131 ▸ BELÉM

Museu Calouste Gulbenkian

Virtually an A–Z of the history of art, from 4500-year-old Mesopotamian cylinder seals to the Impressionists, all set in a delightful park north of the centre.

P.143 ▸ PARQUE EDUARDO VII AND THE GULBENKIAN

Museu de Arte Moderna, Sintra

Small but richly stocked modern art museum with a line-up featuring Gilbert and George, Jackson Pollock, David Hockney, Warhol and Jeff Koons.

P.159 ▸ SINTRA

On the tiles

Beautiful decorative tiles – **azulejos** – can be seen all over Lisbon, both inside and outside houses, churches, cafés and even metro stations. The word derives from the Arabic *al-zulecha*, "small stone", and the craft was brought to Iberia by the Moors in the eighth century. Changing technology and fashions have led to various styles of azulejo panels, including religious imagery, decorative tiled walls known as *tapetes* (rugs), Rococo designs and satirical portraits. Useful both for insulation and decoration, tiles continue to be used on buildings to this day, though most are now factory-produced imitations of the old hand-painted forms.

Palácio dos Marquêses da Fronteira

This seventeenth-century palace is lavishly adorned with azulejos, including a whole room outlining scenes from the Restoration Wars with Spain.

P.148 ▸ NORTHERN LISBON

São Vicente de Fora

The church cloisters contain superb early eighteenth-century azulejo panels, some illustrating the fables of La Fontaine.

P.95 ▸ EASTERN LISBON

Museu Nacional do Azulejo

Fascinating museum tracing the development of the azulejo, set in the church and cloisters of Madre de Deus.

P.96 ▸ EASTERN LISBON

Cervejaria da Trindade

Cavernous beer hall decorated with lovely nineteenth-century azulejos showing the elements and seasons.

P.109 ▸ THE BAIRRO ALTO

The metro

Cais do Sodré is just one of many metro stations displaying adventurous contemporary azulejos.

P.98 ▸ CAIS DO SODRÉ & CHIADO

Rua da Trindade

A very Portuguese way to decorate your house: nineteenth-century tiles depicting science and progress.

MAP ▸ P.105 ▸ THE BAIRRO ALTO

Churches and cloisters

Though the religious centre of Portugal is Braga, in the north, the **Catholic Church** has had a huge influence on Lisbon's development. Historically, more money has been lavished on religious structures than almost anything else and many of the solidly built churches withstood the devastating earthquake of 1755. As a result, today's churches are some of Lisbon's oldest and most rewarding places to visit, rich in architecture and azulejos tiles. Most of them are free to enter and are open daily; feel free to walk in and look around, but remember to be respectful and dress appropriately.

Sé

Lisbon's cathedral is one of the city's oldest buildings, built in the twelfth century and sitting right on Lisbon's most picturesque tram route.

P.80 ▸ THE SÉ AND AROUND

Convento do Carmo

Partly ruined in the 1755 earthquake, this fourteenth-century convent now houses the wonderfully eclectic Museu Arqueológico do Carmo.

P.107 ▸ THE BAIRRO ALTO

Santa Engrácia

This prominent domed church took some three hundred years to complete; now the Panteão Nacional, it is the last resting place of Amália Rodrigues, Portugal's most famous fado singer.

P.95 ▸ EASTERN LISBON

Igreja de São Roque

The ornate Capela de São João de Baptista here is testimony to the power of the church: built to gratify the pope, it is, for its size, the most expensive chapel ever constructed.

P106 ▸ THE BAIRRO ALTO

Mosteiro dos Jerónimos

Recently renovated, the cloisters of Belém's monastery are considered the most beautiful in the country.

P.129 ▸ BELÉM

Basílica da Estrela

One of Lisbon's most handsome churches, overlooking the gardens of Estrela.

P.119 ▸ SÃO BENTO, ESTRELA AND LAPA

Doms and donnas

Before Dom Manuel I was forced to flee the country, leading to the declaration of the republic in 1910, Portugal's *doms* and *donnas* (kings and queens) led a lavish lifestyle in a series of palaces in and around Lisbon. Little is left of Lisbon's main **royal palaces**, which stood in the Castelo de São Jorge and later Praça do Comércio, but numerous **summer residences** still remain. It wasn't just Portuguese royalty who lived in splendour; many of Europe's wealthiest individuals also set up camp in the region, especially around the cool wooded slopes of Sintra.

Palácio da Assembléia da República

This imposing palace houses Portugal's national assembly, in the building that was once the convent of São Bento.

P.119 ▸ SÃO BENTO, ESTRELA AND LAPA

Palácio Nacional, Sintra

One of Portugal's oldest and most beautiful palaces, built in the fourteenth century and containing classic Portuguese interior decor.

P.155 ▸ SINTRA

Palácio da Pena, Sintra

Disney-esque nineteenth-century palace high in the Sintra hills, whose furnishings remain untouched since the last royals fled in 1910.

P.157 ▸ SINTRA

Palácio da Ajuda

Construction of the palace was never completed, although this did not stop its nineteenth-century royal tenants from kitting it out in extravagant style.

P.134 ▸ BELÉM

Palácio de Queluz

This elegant eighteenth-century palace is one of Portugal's greatest Rococo buildings, with extensive formal gardens.

P.165 ▸ SINTRA COAST, QUELUZ AND AROUND

Outdoor Lisbon

Lisbon does not have a surfeit of green spaces, so its **parks and gardens** are highly prized. Nearly all outdoor spaces have a café or kiosk of some sort to buy drinks and most have a play area for young children. All are abundant with rich semi-tropical foliage, making them ideal shady spots to escape the city heat. Take care in the larger parks after dark, however, when they become the haunts of prostitutes and drug addicts.

Parque Eduardo VII

The sloped, formal city park edged with neat topiary shelters two cafés, hot houses and a couple of small lakes.

▸P.142 ▸ PARQUE EDUARDO VII AND THE GULBENKIAN

Jardim Botânico

Portuguese explorers introduced many plants to Europe from around the globe, and a fair proportion can be seen in these ten acres of hidden gardens containing around 15,000 species of plants and trees.

▸P.115 ▸ PRAÇA DO PRÍNCIPE REAL AND AROUND

Parque das Nações

The former Expo site is one vast traffic-free area, embellished with trees, gardens and a new park stretching to the huge Vasco da Gama bridge.

P.150 ▸ PARQUE DAS NAÇÕES

Jardim da Estrela

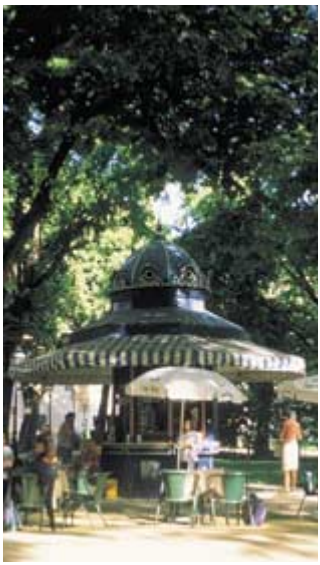
One of Lisbon's loveliest parks, with a lake, a bandstand and paths weaving through vibrant gardens and among towering palms.

P.119 ▸ SÃO BENTO, ESTRELA AND LAPA

Praça do Príncipe Real

Not just a pretty space, this leafy square hides an underground water museum.

P.114 ▸ PRAÇA DO PRÍNCIPE REAL AND AROUND



Praça das Amoreiras

Small but tranquil tree-shaded square edged by the arches of the Águas Livres aqueduct.

P.138 ▸ AVENIDA DA LIBERDADE AND AROUND

Literary Lisbon

With its café society and atmospheric streets, it is not surprising that Lisbon has spawned some of the world's greatest writers. **Eça de Queiroz** introduced realism into Portuguese fiction in the late nineteenth century and his novels are gaining in popularity; an adaptation of *The Sin of Father Amaro* was recently made into a film. The poet **Fernando Pessoa**'s *The Book of Disquiet* is considered an existentialist classic, though it was published after his death in 1935. Today's best-known writer is **José Saramago**, who won the Nobel Prize for Literature in 1998; his best novel, *The Year of the Death of Ricardo Reis*, evokes Fernando Pessoa's Lisbon.

A Brasileira

A bronze statue of Fernando Pessoa sits outside Lisbon's best-known café, which the writer frequented during his short life.

P.102 ▸ CAIS DO SODRÉ & CHIADO ▲

Rossio

Richard Zimler's *The Last Kabbalist of Lisbon* recalls the spot where the Inquisition read out its sentences; in 1506, one of these instigated the massacre of much of the city's Jewish population.

P.73 ▸ ROSSIO AND AROUND ▼

Monserrate

William Beckford, author of the gothic classic *Vathek*, set up home here in the late eighteenth century.

P.162 SINTRA COAST, QUELUZ AND AROUND

Cemitério dos Ingleses

The burial place of Henry Fielding, one of England's first ever novelists, who came to Lisbon to recover from illness and never returned.

P.119 SÃO BENTO, ESTRELA AND LAPA

Adamastor, Miradouro de Santa Catarina

This statue depicts the mythical beast guarding the Cape of Good Hope, encountered by Camões in his epic *Lusiads* and revisited by Saramago in *The Year of the Death of Ricardo Reis*.

P.100 CAIS DO SODRÉ AND CHIADO

Hotel Janelas Verdes

Now a hotel, this was where Eça de Queiroz wrote his novel *The Maias*, inspired no doubt by the garden and river views.

P.186 ACCOMMODATION

Manueline to modern

The Portuguese have always used **Europe's top architects** for their grandest buildings: a Spaniard, João de Castilho, developed the Mosteiro dos Jerónimos in Belém; the Italian Felipe Terzi designed the church of São Vicente de Fora; and more recently the American Peter Chermaeff created the stunning Oceanário. But the most innovative architects have just as often been the Portuguese themselves. Diogo de Boitaca was the originator of the distinct sixteenth-century **Manueline architectural** style, much influenced by maritime explorations. Today's master is Álvaro Siza Viera, one of the world's great **modern architects**, who has done much to reshape Lisbon's fire-damaged Chiado district.

Torre de Belém

Considered the purest example of the Manueline style in Portugal, decorated with motifs representing Portugal's conquests abroad.

P.132 ▸ BELÉM

Mosteiro dos Jerónimos

With window frames resembling twisted ropes and central columns like palm trunks, this is the most vivid and famous example of Lisbon's Manueline architecture.

P.129 ▸ BELÉM

Conceição Velha

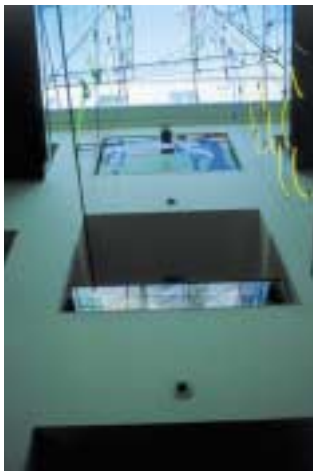
The church's beautiful sixteenth-century doorway displays angels, plants, animals and other distinctly Manueline features.

P.81 ▸ THE SÉ AND AROUND

Eden building

Originally a cinema and now a hotel, this is the city's best example of Art Deco.

P.75 ▸ ROSSIO AND AROUND



Armazéns do Chiado

Classy centrepiece for the reconstructed Chiado district – a bright, light shopping centre hidden behind traditional facades, rebuilt after the fire of 1988.

P.101 ▸ CAIS DO SODRÉ & CHIADO

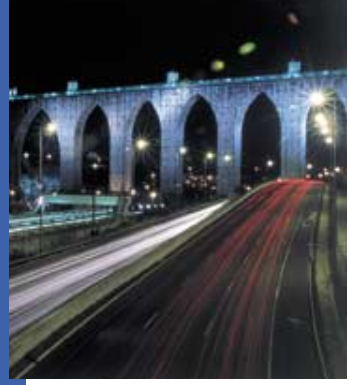
Pavilhão de Portugal

The Parque das Nações has countless examples of adventurous architecture, though Álvaro Siza Viera's sagging concrete roof on the Pavilhão de Portugal has the biggest wow factor.

P.150 ▸ PARQUE DAS NAÇÕES

Weird structures

Partly because of Lisbon's geography and partly through sheer extravagance, the area around the city is well stocked with some fantastic and peculiar structures. Lisbon is built over seven hills facing an enormous river estuary a taxing landscape for engineers but they have overcome the problem with the construction of one of Europe's biggest aqueducts and one of its longest bridges. Throw in a bizarre hermitage and homages to wealth, Christ, and Freemasonry, and the weird and wonderful set is complete.



Aqueduto das Águas Livres

The amazing 60-kilometre-long eighteenth-century aqueduct was once Lisbon's main source of water.

P.138 AVENIDA DA LIBERDADE AND AROUND

Cristo Rei

Someone to watch over you: Portugal dictator Salazar's gift to the people, a mini version of Rio's statue of Christ.

P.172 SOUTH OF THE TEJO

The Initiation Well, Quinta da Regaleira

Inspired by Freemasonry and hidden behind a revolving stone door, the spiral stairs, well and secret tunnel are straight from the pages of a fantasy.

P.158 ▸ SINTRA

Convento dos Capuchos

An extraordinary sixteenth-century hermitage carved from rock and cork in the wild hills above Sintra.

P.164 ▸ THE SINTRA COAST, QUELUZ AND AROUND

Mãe d'Água water cistern

The end of the line for the aqueduct is an eerily beautiful underground reservoir, now used for temporary exhibitions.

P.138 ▸ AVENIDA DA LIBERDADE AND AROUND

Casa dos Bicos

The "house of points" (or "nipples") was built in 1523, its ornamentation a sign of ostentation.

P.82 ▸ THE SÉ AND AROUND

Ponte Vasco da Gama

Built for Expo 98, and best seen from the Parque das Nações, the bridge stretches for 17km, 12km of it over the Tejo estuary.

P.151 ▸ PARQUE DAS NAÇÕES

Luxury hotels

Lisbon's hotel capacity is expanding every year, but it pays to book ahead to bag the best places. The least expensive options are good value, from €25 for a double room. For special occasions, €150 plus will get you a room in some of Europe's best hotels – and often for less if you go out of season. Lisbon's **smartest areas** are along the Avenida da Liberdade, around Parque Eduardo VII or in the prosperous suburb of Lapa. The most obvious places to try for **inexpensive accommodation** are around the main squares in the Baixa, and the streets Rua das Portas de Santo Antão and Rua da Glória, parallel to Avenida da Liberdade.

Lapa Palace

Formal service, plush rooms and two pools, one in a tropical garden, in this hotel nestled amongst embassies and consulates.

P.187 ▸ ACCOMMODATION

Residencial York House

Completely hidden from the street, this former convent has luxurious rooms and a lovely internal courtyard.

P.187 ▸ ACCOMMODATION

Solar do Castelo

Lisbon's latest boutique hotel, set round a Moorish courtyard abutting the castle walls.

P.185 ▸ ACCOMMODATION

Hotel Lisboa Regency Chiado

Designer hotel in the heart of the city, with superb views from its terrace and bar.

P.185 ▸ ACCOMMODATION

Pestana Palace

Combining modern rooms with traditional opulence and fantastic gardens, this is rightly considered Lisbon's top hotel.

P.187 ▸ ACCOMMODATION

VIP Orion Eden

Its self-catering apartments are nothing special, but the roof terrace and pool give this Art Deco hotel the edge.

P.185 ▸ ACCOMMODATION

Local cuisine

At their finest, **Portuguese dishes** can be a revelation, made with fresh ingredients bursting with flavour. Grilled meats and fish tend to be the best bets, usually accompanied by rice or chips and salad. But unless you go upmarket, don't expect sophisticated sauces or delicate touches: stews, in particular, are not for the faint-hearted; offal features highly on most menus; and the ever-present *bacalhau* (dried salted cod) can be heavy going if you choose the wrong variety. The following are specialities in the Lisbon area.

Bica and *pastel de nata*

Pastéis de nata are custard tarts, best enjoyed with a *bica*, a wickedly powerful espresso coffee. *Antiga Confeitaria de Belém* is the best place to try the combination.

P.135 ▸ BELÉM

Port and wine

Though famed for its port, Portuguese wine has a growing reputation internationally; *Enoteca* wine bar always has a fine wine selection.

P.117 ▸ PRAÇA DO PRINCIPE REAL AND AROUND

Salted cod (*bacalhau*)

There are 365 *bacalhau* dishes; *bacalhau á brás*, with egg and potatoes, is always popular, or buy it to take home from the shops on Rua do Arsenal.

P.98 ▸ CAIS DO SODRÉ AND CHIADO ▲

Spider crabs (*santola*)

Santola recheado (stuffed spider crabs) are a Lisbon speciality; Rua das Portas de Santo Antão specializes in such dishes and you can usually check them out first live in the restaurant tanks.

P.75 ▸ ROSSIO AND AROUND ▼

Sardines (*sardinhas*)

The archetypal Portuguese dish. Stroll around the Alfama in summer and you'll see them grilled on outside barbecues on virtually every corner.

P.84 ▸ THE ALFAMA AND RIVERFRONT ▼

Prawns (*camarões*)

Simply grilled *camarões*, with a dash of garlic, make the perfect dish or bar snack; try some at *Cervejaria Farol* in Cacilhas.

P.172 ▸ SOUTH OF LISBON ▼

Traditional eating

Lisbon has some of the best-value restaurants of any European city, many serving food in traditional interiors that have barely changed since the nineteenth century. A **set menu** (*ementa turística*) will get you a three-course meal for around €10–15 anywhere in the city, though you can eat for less by sticking to the ample main dishes or by choosing the daily specials – indeed, you may find the *meia doce* (half portion) sufficient for a main course. When you sit down, you will usually be presented with **starters** of olives, cheeses, spreads and sometimes cold meat or seafood. You'll be charged for anything you eat; if you don't take anything, make sure only the cover charge is on the bill.

Cervejaria da Trindade

Nineteenth-century beer hall, touristy but undeniably appealing, with decorative tiles, a little garden and tasty seafood.

P.109 ▸ THE BAIRRO ALTO

Ribadouro

Atmospheric beer hall famed for its grilled prawns, which you can have at the bar or as a full meal.

P.140 ▸ AVENIDA DA LIBERDADE AND AROUND

Casa do Alentejo

Cross the tile-lined central courtyard to a traditional upstairs dining room for solid Portuguese food and Alentejan specialities.

P.78 ▸ ROSSIO AND AROUND

Bom Jardim/ Rei dos Frangos

Unglamorous restaurant but the best place in town for barbecue-grilled chicken.

P.77 ▸ ROSSIO AND AROUND

Martinho da Arcada

Enjoy excellent meat dishes and formal dining in one of the city's oldest restaurants, under the arcades of Praça do Comércio.

P.71 ▸ THE BAIXA

Tavares Rico

An ornate eighteenth-century restaurant replete with chandeliers, a favoured haunt of Lisbon's business folk.

P.104 ▸ CAIS DO SODRÉ AND CHIADO

Views to feast on

The city's undulating landscape means that you can often eat while enjoying **superb views** over the city or the river Tejo. Most Portuguese dine at around 8.30 or 9pm, so to guarantee the best table, turn up early or make sure you reserve in advance, especially on Friday or Saturday evenings. Telephone numbers for restaurant listings are given in the guide.

Cervejaria Farol

A short ferry ride over the Tejo leads to superb seafood and a panorama of Lisbon.

P.177 ▸ SOUTH OF THE TEJO

Rêsto do Chapitô

The menu may be limited, but the view is breathtaking, one of the best in the city.

P.93 ▸ CASTELO, MOURARIA AND GRAÇA

Associação Católica

Budget buffet lunches can be had on a stunning roof terrace facing the river.

P.103 ▸ CAIS DO SODRÉ & CHIADO ▲

Tertúlia do Tejo

Enjoy nouveau Portuguese cuisine faced by the bobbing boats of Santo Amaro docks.

P.125 ▸ ALCÂNTARA AND THE RIVERFRONT ▲

Casa do Leão

Built into part of the former palace in the grounds of the Castelo de São Jorge, with glorious views over the river.

P.92 ▸ CASTELO, MOURARIA & GRAÇA ▼

Bica do Sapato

Ultra hip decor, food and clientele, with broad vistas across the Tejo estuary.

P.96 ▸ EASTERN LISBON ▲

Caffeine fixes

Lisbon has thousands of **cafés**, ranging from atmospheric early twentieth-century artists' haunts and Art Deco wonders to modern varieties with minimalist interiors. Lisboetas tend to head to a café or *pastelaria* (patisserie) for a breakfast of a croissant or pastry washed down with coffee – either a *bica* (espresso) or milky *galão* (a tall coffee in a glass). Cafés also serve snacks, drinks and even full meals. *Pastéis de bacalhau* (cod fishcakes), *rissóis de carne* (fried meat rissoles) and *pregos* (steak sandwiches) make great snacks, while Lisbon is famed for its *pastéis de nata* (custard tarts) and *bolos* (cakes).

A Brasileira

The city's most famous café, opened in 1905 and the hub of café society ever since.

P.102 ▸ CAIS DO SODRÉ & CHIADO

Confeitaria Nacional

One of the city's oldest cafés, with great coffee and outdoor tables.

P.77 ▸ ROSSIO AND AROUND

Suiça

Bustling café with counters groaning under the weight of cakes and pastries, and outdoor tables facing Lisbon's two main squares.

P.77 ▸ ROSSIO AND AROUND

Café Versailles

Wonderful traditional café with waiters in bow ties and a fleet of coiffured women devouring cakes and sandwiches.

P.145 ▸ PARQUE EDUARDO VII AND THE GULBENKIAN

A Linha d'Água

Modern glass-fronted café with superb cakes, salads and views of the park and lake.

P.145 ▸ PARQUE EDUARDO VII AND THE GULBENKIAN

Antiga Confeitaria de Belém

This place serves the best *pastéis de nata* in Lisbon, though its cavernous interior is worth exploring in its own right.

P.135 ▸ BELÉM

Best bars

Portugal is rightly famed for its excellent **wines** and, though the locals rarely drink it in bars, you can always get a decent glass of *vinho* (wine) or *vinho do Porto* (port). Lisboetas are more likely to drink *cerveja* (**beer**), the two most common brands being Sagres and Superbock, either in *garrafas* (bottles) or draught: *uma caneca* is a pint, *um imperial* is a half. **Local spirits** are inexpensive and measures extremely generous. The local brandy, *maciera*, is smooth on the palate (but rough on the head). Even more lethal are the local *aguardente* firewaters, such as *Bagaço* or the cherry-based *ginginha*, which seem to fuel some workers from breakfast onwards.

A Ginginha

Tiny bar that's served *ginginha* since 1840: order it with or without the stone.

P.79 ▸ ROSSIO AND AROUND

Solar do Vinho do Porto

This eighteenth-century former palace is the best place to sample port, including the underrated white variety.

P.113 ▸ BAIRRO ALTO

Enoteca

Trendy wine bar with rooms in a cavernous former bathhouse.

P.117 ▸ PRAÇA DO PRINCÍPE REAL AND AROUND

Pavilhão Chinês

The "Chinese Pavilion" wins the award for quirkiest decor, and the cocktails aren't bad either.

P.117 ▸ PRAÇA DO PRÍNCIPE REAL AND AROUND

Portas Largas

Ancient *tasca* (tavern) with original marble counter and tables, but a distinctly modern clientele.

P.112 ▸ BAIRRO ALTO

Lisbona

One of the most authentic local bars in the Bairro Alto, with good music for company.

P.112 ▸ BAIRRO ALTO

Lisbon beat

No other sound encapsulates the mood of Lisbon so perfectly as **fado**, but Lisbon moves to a variety of other rhythms, especially those from its former colonies in Africa and Brazil. Jazz has a loyal following, while the classical music scene is well represented at various venues and festivals. Lisbon's **clubbing scene** has a burgeoning reputation. The best place to head for a night out is the Bairro Alto, which from Thursday to Saturday becomes one big street party. Most places open around 11pm and few charge admission, though expect a "minimum consumption" policy, in which you pay on exit if you have not spent enough at the bar.

Lux

Part-owned by John Malkovich and with a riverside terrace, this is Lisbon's top club; it also hosts concerts.

P.97 ▸ EASTERN LISBON

Casa do Fado e da Guitarra Portuguesa

Its displays may be low tech, but this fado museum is the best place to understand the passion the Portuguese have for the sound.

P.85 ▸ THE ALFAMA AND RIVERFRONT

Bairro Alto bar-hopping

Head to the "high district" after midnight and you'll find Lisbon's heartbeat, with lively bars and clubs at every turn.

P.111 ▸ THE BAIRRO ALTO

Queen's

A former warehouse, now a space for Lisbon's moneyed set to dance the night away.

P.127 ▸ ALCÂNTARA AND THE RIVERFRONT

Casas de Fado

There are countless fado houses, mostly in the Bairro Alto or Alfama; *Adega do Ribatejo* is a great place to start.

P.111 ▸ THE BAIRRO ALTO

Hot Clube de Portugal

Small, sweaty, dark and laid-back: what more could you want from the city's best jazz club?

P.140 ▸ AVENIDA DA LIBERDADE AND AROUND

Gay and lesbian Lisbon

Lisbon's **gay and lesbian scene** is becoming more open in a city that was, until recently, fairly conservative. Nightlife focuses on the Bairro Alto and Praça do Príncipe Real, where a group of generally laid-back **bars and clubs** attract a mixed age group; as at other clubs, the best nights are Thursdays to Saturdays after 11pm or so. Hangovers are eased on **gay beaches** near Caparica or further south at Praia do Meco. The main **gay events** are the Gay Film Festival in September and June's Arraial Pride (Gay Pride); details can be found on ⓦwww.ilga-portugal.oninet.pt.

Hotel Anjo Azul

The first hotel to cater exclusively for gays, in the heart of the Bairro Alto nightlife.

P.186 ▸ ACCOMMODATION

Centro Comunitário Gay e Lésbica de Lisboa

Clued-up centre for gays, with helpful staff and info on cultural events.

P.201 ▸ ESSENTIALS

Arraial Pride

Annual Gay Pride event held in various locations around the city.

P.199 ▸ ESSENTIALS

Costa da Caparica

Take the toy train to stop nineteen, the traditional gay beach on the line.

P.174 ▸ SOUTH OF THE TEJO

Sétimo Ceu

Fun, Brazilian-run gay bar, an obligatory stop in the Bairro Alto.

P.112 ▸ BAIRRO ALTO

A year in Lisbon

The Portuguese have a reputation for being somewhat reserved, at least in comparison with their Spanish neighbours, but they know how to have a good time when it comes to **festivals**. This is especially so during the celebrations for the Santos Populares (Popular Saints) in June, when parts of Lisbon become one big street party. Music and the arts are also highly valued and the year is punctuated by a series of **cultural events** that present concerts and exhibitions at venues across the city the listings magazines *Follow me Lisboa* (in English) and *Agenda Cultural* (in Portuguese) have the best listings, or ask at the tourist office.

New Year's Eve

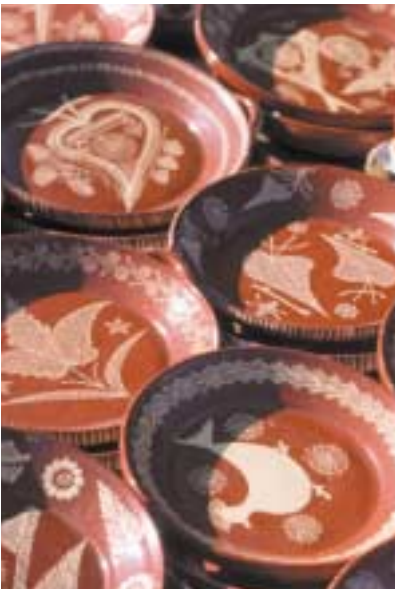
The best place to head for is Praça do Comércio, where fireworks light up the riverfront; there are similar events in the Parque das Nações and Cascais.

▸P.67 ▸ THE BAIXA

Santo António

June 12–13 sees the largest of the popular saints celebrations, when the Alfama and other districts come alive with decorations and all-night partying.

P.84 ▸ THE ALFAMA AND RIVERFRONT



Feira Internacional Artesanato

Handicrafts and folk music festivals, held near the casino in Estoril and at the Feira Internacional de Lisboa in Parque das Nações in July.

P.169 ▸ CASCAIS AND ESTORIL
P.153 ▸ PARQUE DAS NAÇÕES

Christmas

Lisbon has a magical air in the build-up to Christmas – in particular the Baixa, which is filled with fairy lights and the aroma of roasted chestnuts.

P.67 ▸ THE BAIXA

São Martinho

This saint's day on November 11 launches a wine festival celebrating the first of the wine harvest, with tastings and cultural programmes throughout November.

P.199 ▸ ESSENTIALS

Good buys

If you're used to characterless shopping malls, you'll find the Baixa's **traditional and specialist shops** refreshing. Even the city's **shopping centres** are quite an experience: families spend entire days out in them, eating all their meals, having an evening out at the cinema, and visiting a vast range of shops in between. Traditional **shopping hours** are Monday to Friday from around 9 or 10am to 7pm, with an hour or two's closing over lunchtime; most shops close Saturday afternoon. Larger shops are generally open all day Monday to Saturday, often until 10pm or later; some also open on Sunday. Many of the Bairro Alto's fashionable boutiques only open in the afternoon, from around 2 to 9pm.

Feira da Ladra

Lisbon's best, most chaotic and atmospheric flea market can be visited on Tuesday and Saturday mornings.

P.95 ▸ EASTERN LISBON

Armazéns do Chiado

Central Lisbon's most appealing shopping centre, with top-floor cafés offering fine city views.

P.101 ▸ CAIS DO SODRÉ AND CHIADO

Espaço Fátima Lopes

Check out the latest designer clothing at this store belonging to Lisbon's queen of fashion.

P.108 ▸ THE BAIRRO ALTO

Fábrica Sant'anna

A 250-year-old treasure trove of decorative tiles and ceramics.

P.101 ▸ CAIS DO SODRÉ AND CHIADO

Manuel Tavares

This traditional Baixa shop is a great place to buy ports, wine, local cheeses and confectionery.

P.76 ▸ ROSSIO AND AROUND

Conserveira de Lisboa

Selling exotic coffee beans and confectionery, this aromatic shop is typical of old-fashioned stores on the Baixa.

P.82 ▸ THE SÉ AND AROUND

Mercado da Ribeira

Pungent and colourful food market, with regional crafts, food and cultural shows upstairs.

P.99 ▸ CAIS DO SODRÉ AND CHIADO

Kids' Lisbon

The Portuguese are very family-oriented and **children** are welcomed everywhere. Hotels and pensions can provide extra beds or cots if notified in advance, usually free for under-sixes, while discounts on accommodation for older children can often be arranged. On public transport, under-fives travel free. **Facilities for toddlers** are less ideal. Changing facilities are scarce, as are high chairs and menus specifically for children, though restaurants usually do half portions (ask for *uma meia dose*). Fresh milk is sold only in larger shops and supermarkets (most places sell UHT milk), though nappies, formula milk and baby food are widely available in supermarkets and pharmacies.

Museu do Brinquedo

This toy museum should fire the imagination of any child, and most adults too.

P.157 ▸ SINTRA

Costa da Caparica

Lisbon's best beaches lie on the Costa da Caparica, where the quietest swaths of sand can be reached on a toy train.

P.173 ▸ SOUTH OF THE TEJO

Dolphin watching

Leaping dolphins and the thrill of a boat ride make this a great day out.

P.176 ▸ SOUTH OF THE TEJO

Parque das Nações

The perfect destination for families: traffic-free, with special children's play areas, international restaurants, an oceanarium, bowling and various other attractions.

P.150 ▸ PARQUE DAS NAÇÕES

Museu da Marioneta

From medieval marionettes to contemporary satirical puppets, this museum trumpets an art form that satisfied children long before the days of computer games.

P.121 ▸ SÃO BENTO, ESTRELA AND LAPA

Feira Popular

Charming old-style amusement park, with fairground rides and inexpensive cafés.

P.147 ▸ NORTHERN LISBON

Sporting Lisbon

Even before the Euro 2004 championships, Lisboetas have always had a passion for **football**, and the city boasts two of Europe's top sides, Benfica and Sporting (fixtures at (Ⓦwww.portuguesesoccer.com). The Lisbon area also contains some of Europe's best **golf** courses (info at Ⓦwww.portugalgolf.pt), and Atlantic beaches that are ideal for **surfing and windsurfing**. **Horse-riding** is superb in the Sintra hills, and skilled horsemanship can also be seen at Portuguese **bullfights**, which are less bloody than their Spanish counterpart. The **Lisbon marathon** in November and April's Estoril **tennis Open** draw international athletes to the city.

Surfing

With superb breakers, the beaches of Caparica and Guincho in particular are exhilarating for surfing.

P.173 ▸ SOUTH OF THE TEJO
P.169 ▸ CASCAIS & ESTORIL

Bullfighting

Whatever your views on the sport, it is hard not to be impressed by the elegant and skilled Portuguese bullfighters, who perform at the Praça de Touros do Campo Pequeno.

P.146 ▸ NORTHERN LISBON

Windsurfing

Windsurfing championships are often held at Guincho beach in August, though calmer waters are to be found at Cascais.

P.169 ▸ CASCAIS AND ESTORIL ▲

Benfica

The city's most famous club play at the legendary Stadium of Light.

P.148 ▸ NORTHERN LISBON ▼

Golf

The Lisbon area has three championship-standard golf courses, the most famous of which is Penha Longa.

P.165 ▸ THE SINTRA COAST, QUELUZ AND AROUND ▼

Horse-riding

A horse trek into the Sintra hills is a memorable experience.

P159 ▸ SINTRA ▼

Ethnic Lisbon

Over 120,000 people of African and Asian descent live in the Greater Lisbon area, most hailing originally from **Portugal's former colonies** – Cape Verde, Angola, Mozambique, Brazil, Goa and Macao. The first Africans arrived as slaves in the fifteenth century during Portugal's maritime explorations. The 1974 revolution and subsequent independence of the former colonies saw another wave of immigrants settle in the capital. Nowadays **African and Brazilian culture** permeate Lisbon life, influencing its music, food, television and street slang. Most Lisboetas are rightly proud of their cosmopolitan city although, inevitably, racism persists and few from ethnic minorities have managed to break through the glass ceiling to the top jobs.

Chafarica

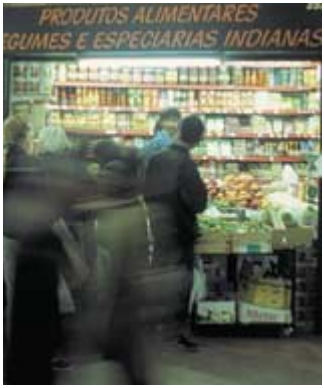
The best place to catch live Brazilian sounds and drink *caipirinha* cocktails.

P.97 ▸ EASTERN LISBON ▲

Centro Comércial Mouraria

Shops and stores run by Lisbon's ethnic communities fill the six levels of this atmospheric shopping centre.

P.76 ROSSIO AND AROUND



Rua do Poço dos Negros

This street was named to commemorate the countless slaves who died in a sixteenth-century epidemic.

MAP P.118 SÃO BENTO, ESTRELA AND LAPA

Museu do Centro Científico e Cultural de Macau

Museum tracing Portugal's long relationship with the Orient and its former colony Macau.

P.125 ALCÂNTARA AND THE RIVERFRONT

Brasuca

Feijoada (meat or fish with beans) is one of the great Brazilian dishes – try it at *Brasuca* restaurant, which offers a taste of Brazil in a great old Bairro Alto building.

P.109 THE BAIRRO ALTO

Day-trips

Though the city has enough attractions to keep visitors happy for days, it would be a shame to miss out on the beautiful and varied region around Lisbon. Most people are lured by the proximity of some superb Atlantic **beaches**, the best of which are south of the Tejo on the Costa da Caparica though beware of fierce currents. Calmer waters are to be found west of Lisbon at Cascais and Estoril, or at the sheltered beaches around the Parque Natural da Arrábida further south. But no visit to the area is complete without seeing **Sintra**, a mountaintop village where Portuguese royalty traditionally took their holidays.

Sintra

See why Lord Byron proclaimed the village "in every aspect the most delightful in Europe".

P.155 ▸ SINTRA

Cascais

Former fishing village turned resort, with some great beaches, a short ride from the capital.

P.168 ▸ CASCAIS AND ESTORIL

Cabo da Roca

The most westerly point in mainland Europe, close to some wave-battered beaches.

P.164 ▸ THE SINTRA COAST, QUELUZ & AROUND

Parque Natural da Arrábida

It's worth the drive south to explore this rugged mountain range, whose dazzling white convent overlooks calm sandy coves.

P.175 ▸ SOUTH OF THE TEJO

Caparica

Favoured beach escape for Lisboetas, though fishermen still haul in drift-nets amongst the sun worshippers.

P.173 ▸ SOUTH OF THE TEJO

Estoril

Sandy beaches and a casino for those who want to indulge in a James Bond lifestyle.

P.169 ▸ CASCAIS AND ESTORIL

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Places

Places

The Baixa

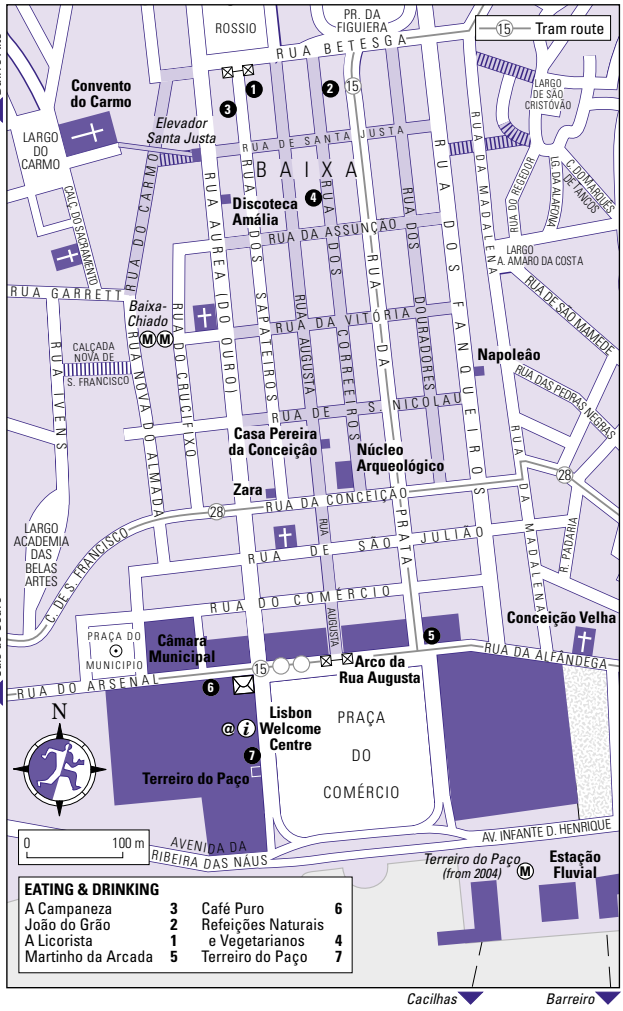
The tall, imposing buildings that make up the Baixa ("lower town", pronounced bye-sha) house some of Lisbon's most interesting shops and cafés. Many of the streets are pedestrianized and, by day, they thrum with business folk and street entertainers. After dark, when the offices close, however, the whole area is strangely quiet. Facing the river, these streets felt the full force of the 1755 earthquake that destroyed much of what was then one of Europe's wealthiest capitals. The king's minister, the Marquês de Pombal, swiftly redesigned the sector with the grid pattern that is evident today. Pombal intended many of the grid's streets to take their names from the crafts and businesses carried out there, like Rua da Prata (Silversmiths' Street) and Rua dos Sapateiros (Cobblers' Street). Modern banks and offices have disturbed these divisions, somewhat, though plenty of traditional stores remain; the central section of Rua da Conceição, for example, is still lined with shops selling beads and sequins. Other interesting streets to explore are the pedestrianized ones running south to north – Rua dos Correeiros, Rua dos Douradores and Rua dos Sapateiros.

Praça do Comércio

The beautifully arcaded Praça do Comércio represents the climax of Pombal's design. Its classical buildings were once a royal palace and the square is centred on an exuberant bronze equestrian statue of Dom José, monarch during the earthquake and the period of the capital's rebuilding. Two of Portugal's last royals came to a sticky end in this square: in 1908 King Carlos I and his eldest son were shot dead here, clearing the way for the declaration of the Republic two years later.

Praça do Comércio's riverfront provides a natural focus for the area (when metro tunnelling is completed). In the hour or two before sunset people often linger in the golden light to

▲PRAÇA DO COMÉRCIOARCADES



watch the orange ferries ply between the Estação Fluvial and Cacilhas on the opposite side of the Tejo. The square is the starting point for tram and bus tours of the city (see p.198), as well as home to the Lisbon Welcome Centre, the city's main tourist office (see p.196); it is also one of the main venues for the city's New Year's Eve firework festivities.

Praça do Município

The attractive, mosaic-paved Praça do Município houses the Neoclassical nineteenth-century Câmara Municipal (City Hall), where the Portuguese Republic was declared in 1910, flatteringly

described by Portugal's greatest twentieth-century poet Pessoa as "one of the finest buildings in the city". The square adjoins Rua do Arsenal, an atmospheric street packed with pungent shops selling dried cod and grocers selling cheap wines, port and brandies.

Arco da Rua Augusta and Rua Augusta

Praça do Comércio's most prominent building is a huge arch, the Arco da Rua Augusta, adorned with statues of historical figures, including the Marquês de Pombal and Vasco da Gama. The arch was built to celebrate Lisbon's reconstruction after the earthquake, although it wasn't completed until 1873. From here, the mosaic-paved Rua Augusta is the Baixa's main pedestrianized thoroughfare, filled with shops, cafés, market stalls and buskers.

Núcleo Arqueológico

Rua dos Correeiros 9 ⓣ213 211 700. Advance bookings required. Thurs 3–5pm, Sat 10am–noon & 3–5pm.

The remains of Roman fish-preserving tanks, a fifth-century Christian burial place and Moorish ceramics can all be seen in the tiny Núcleo Arqueológico, a museum containing the remains of excavations revealed during building work on the BCP bank. Most exhibits are viewed through glass floors or from cramped walkways under the modern bank during a 30- to 45-minute tour. Pombal actually rebuilt most of the Baixa on a riverbed, and you can even see the wooden piles driven into the waterlogged soil to support the buildings, the same device that is used in Venice.

Elevador de Santa Justa

Rua de Santa Justa. May–Sept Mon–Fri 8.30am–10.30pm, Sat & Sun 9am–10.30pm; Oct–April daily 9am–7pm. €1.

It is hard to avoid Raul Mésnier's Elevador de Santa Justa, one of the city's most extraordinary and eccentric structures. Built in 1902 by a disciple of Eiffel, its giant lift whisks you 32m up the inside of a latticework

metal tower, to deposit you on a platform high above the Baixa. A dizzy spiral staircase leads to a pricy rooftop café with great views over the city. The exit from the top of the Elevador to the Largo do Carmo has been closed for several years, though it is due to reopen soon; in the meantime, get there early to avoid the queues for the top.

Shops

Casa Pereira da Conceição

Rua Augusta 102–104. Mon–Fri 9.40am–1pm & 3–7pm, Sat 9.40am–1pm. Fine Art Deco shop selling tempting coffee beans, teas, chocolates, cafetieres, and china. The aroma alone makes it worth a visit.

Discoteca Amália

Rua Aurea 272. Mon–Fri 9.30am–2pm & 3–7pm, Sat 9.30am–1pm. A small but well-stocked shop with a good collection of traditional Portuguese fado music. If you're looking for a recommendation, the staff are usually happy to help.

Napoleão

Rua dos Fanqueiros 70. Mon–Sat 9.30am–8pm. This spruce, well-stocked shop offers a great range of quality port and wine, and its enthusiastic, English-speaking staff can advise on what to buy.

Zara

Rua Augusta 71–81. Mon–Sat 9.30am–7.30pm. Main city branch of stylish Spanish chain selling a wide range of inexpensive, colourful clothing for men, women and children. Very good value.

Cafés

A Campaneza

Rua dos Sapateiros 157. Mon–Sat 7am–8pm. Formerly a *leitaria* (dairy shop) and still displaying the decor from its past existence, this is now a simple *pastelaria* (pastry shop), with

▼CASA PEREIRA DA CONCEIÇÃO

decent inexpensive snacks and coffee.

A Licorista

Rua dos Sapateiros 218 ⓣ 213 431 128. Mon–Fri 8am–8pm, Sat 8am–1pm. This attractive tile-and-brick café-bar is a good local refreshment stop near the Baixa shops. At lunchtime, tables are also available for inexpensive set meals.

Restaurants

João do Grão

Rua dos Correeiros 220–228 ⓣ 213 424 757. Daily noon–3.30pm & 6–11pm. One of the best of a row of restaurants on this pedestrianized street, where appealing outdoor tables tempt you to sit down and sample the reasonably priced Portuguese favourites and interesting salads, though the marble- and azulejo-clad interior is just as attractive.

Martinho da Arcada

Praça do Comércio 3 ⓣ218 879 259. Mon–Sat noon–3pm & 7–11pm. One of Lisbon's oldest restaurants, first opened in 1782 and declared a national monument as long ago as 1910. Over the years it has been a gambling den, a meeting place for political dissidents and, later, a more reputable hangout for politicians, writers and artists. It is now divided into a simple stand-up café and a slightly pricey restaurant, with starched white tablecloths and attentive waiters serving traditional Portuguese food, notably grilled meats; things start to get expensive if you choose the seafood. The outdoor tables under the arches are a perfect spot for a coffee and a *pastel de nata* though.

Refeições Naturais e Vegetarianos

Rua dos Correeiros 205, 2º. Mon–Fri noon–7pm. Self-service canteen on the second floor of a traditional town house with a changing daily menu of inexpensive, vegetarian, hot and cold meals – usually crepes, rissoles and rice dishes.

Terreiro do Paço

Praça do Comércio ⓣ210 312 850. Mon–Sat 12.30–3pm & 8pm–midnight, Sun 12.30–3pm. Expensive but stylish restaurant right on the square serving high-quality meat and fish dishes, accompanied by wine served in glasses the size of pumpkins. Downstairs tables are separated by wooden screens, though the nicest tables are in the cavernous, brick-vaulted upstairs room. Saturday lunch features a traditional serving of *cozido*, while Sunday brunch concentrates on Portuguese specialities – often including *bacalhau*. Reservations advised for Sunday brunch and for dinner.

Bars and clubs

Café Puro

Rua do Arsenal 21 ⓣ210 312 700. Mon–Sat 10pm–2am. The Lisbon Welcome Centre's otherwise sterile café hosts lively music nights, often jazz but also world music and fado. The performers are non-professional but pretty good and are appreciated by an enthusiastic audience most weekend evenings.

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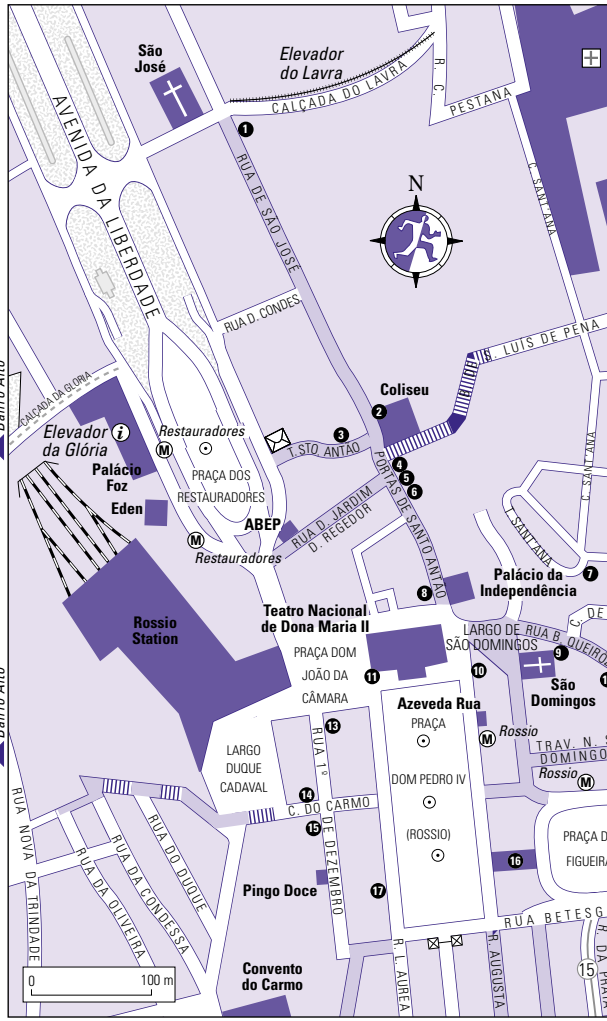
Rossio and around

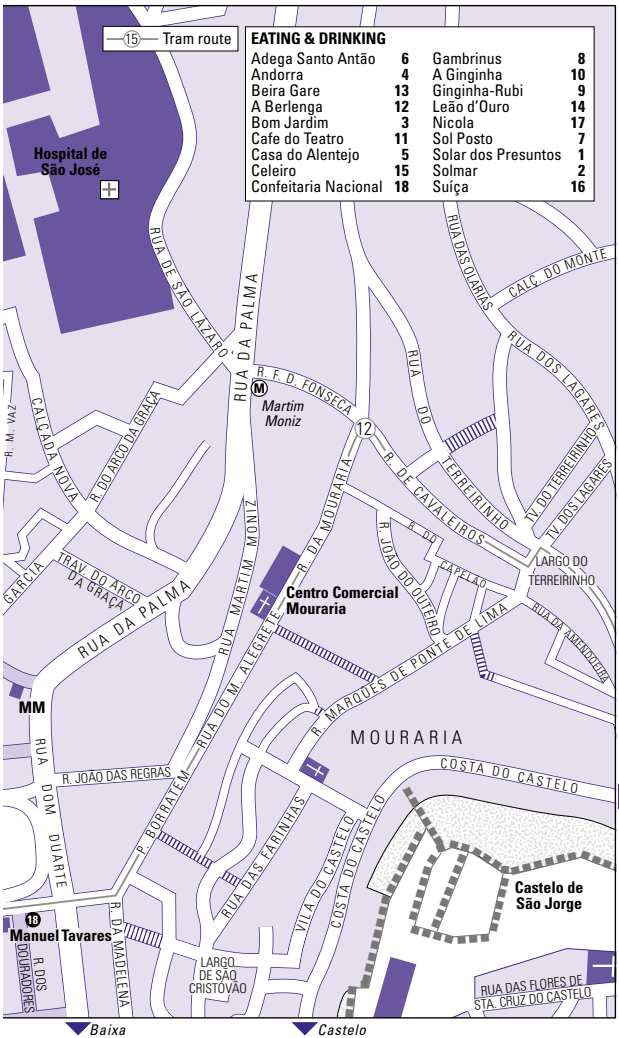
Rossio has been the city's main square since medieval times and it remains the hub of commercial Lisbon, along with the adjacent squares Praça da Figueira, Largo Martim Moniz and Praça dos Restauradores. Bustling and noisy, this is where tourists new to the city



find their feet, and is the area you're most likely to be offered a dodgy watch or "hasheesh". The squares are also important transport interchanges.

Rossio

Praça Dom Pedro IV, popularly known as Rossio, was spruced up at the start of the millennium and, despite the traffic, the outdoor seats of the square's cafés are popular vantage points for taking in the sparkling



▲ ROSSIO STATION

facade, and inside there is a good café (see p.76). Prior to the earthquake, the Inquisitional Palace stood on this site, in front of which public hangings and autos-da-fé (ritual burnings of heretics) took place.

Baroque fountains and mosaic-cobbled pavements. During the nineteenth century, Rossio's plethora of cafés attracted Lisbon's painters and writers, though many of the artists' haunts were converted to banks in the 1970s. The central statue of Dom Pedro IV is now the site of a small but colourful flower market. On the northwestern side of the square, there's a horseshoe-shaped entrance to Rossio station, a mock-Manueline complex with the train platforms an escalator ride above the street-level entrances.

Teatro Nacional de Dona Maria II

Ⓣ213 472 246, Ⓦwww.teatro-dmaria.pt. Rossio's single concession to grandeur is the Teatro Nacional de Dona Maria II built along its north side in the 1840s, and heavily restored after a fire in 1964. A statue of Gil Vicente, Portugal's sixteenth-century equivalent of Shakespeare, sits atop the

Igreja de São Domingos

The Igreja de São Domingos stands on the site of the thirteenth-century Convento de São Domingos, where sentences were read out during the Inquisition. The convent was destroyed in the earthquake of 1755, though its portal was reconstructed soon after as part of the current Dominican church, which was built on the same spot. For over a century it was the venue for royal marriages and christenings, though it lost this role after the declaration of the Republic and was then gutted by a fire in the 1950s. It was reopened in 1997 after partial restoration to replace the seats and some statues; however, the rest of the cavernous interior and the scarred pillars remain powerfully atmospheric.

Praça da Figueira

Praça da Figueira is a historic square (once the site of Lisbon's main market), though the recent addition of an underground car

park has detracted from its former grandeur somewhat. Nevertheless, it is slightly quieter than Rossio, and its cafés offer appealing views of the green slopes of the Castelo de São Jorge above.

Praça dos Restauradores

The elongated Praça dos Restauradores (Square of the Restorers) takes its name from the renewal of independence from Spain in 1640. To the north of the square, the **Elevador da Glória** offers access to the Bairro Alto (see p.105); south sits the superb Art Deco frontage of the old Eden cinema, now an apartment-hotel (see p.185). The square is dominated by the pink Palácio de Foz on the western side, which housed the Ministry of Propaganda under the Salazar regime (1932–74) but is now home to the Portuguese Tourist Office (see p.196) and tourist police station. During the week it is sometimes possible to visit the palace's ornate upper floors, resplendent with chandeliers; check in the tourist office for details.

Rua das Portas de Santo Antão

Rua das Portas de Santo Antão is the area's main pedestrianized drag, well known for its seafood restaurants. Despite the tourist trappings – this and the adjacent Rua Jardim Regedor are the only places in town you're likely to get waiters trying to smooth-talk you into their premises – the street does have some fine local haunts and a constant stream of entertaining human traffic. Providing you choose carefully, it is worth eating here at least once. The street is also home to several theatres and the domed **Coliseu dos Recreios** (Ⓣ213 240 580, Ⓦwww.coliseulisboa.com) opened in 1890 as a circus but is now one of Lisbon's main concert venues.

Rua das Portas de Santo Antão ends next to where another of the city's classic *elevadores*, **Elevador do Lavra**, begins its ascent (see p.137 for details).

▼ VIEW ACROSS PRAÇA DOS RESTAURADORES UP TO THE CASTLE

▲OUTSIDE OF PALÁCIO FOZ

Shops

Azevedo Rua

Rossio 73 ⓣ213 427 511. Long-established, traditional shop selling good, old-fashioned hats and umbrellas at sensible prices.

Centro Comércial Mouraria

Largo Martim Moniz. Largo Martim Moniz formed the gateway to the medieval city and took its name from a Christian knight who died trying to keep the gates open during a crusade against the occupying Moors. Today's rather drab concrete expanse is enlivened by the city's tackiest and most run-down shopping centre, sufficiently atmospheric to warrant a look around its six levels (three of them underground). Hundreds of small, family-run stores selling Indian fabrics and Oriental and African produce, alongside an aromatic collection of cafés on Level -3, give an real insight into Lisbon's ethnic communities, perfect if you need an Afro haircut or a samosa.

MM (Mala Miss)

Rua B. Queiroz 5 ⓣ213 432 432. Aptly translates as "Miss Bag", sporting a wide range of inexpensive if far from cutting-edge leather handbags, briefcases and belts – there are lots of other shops selling shoes and leather goods on this road too.

Manuel Tavares

Rua da Betesga 1a ⓣ213 424 209. Small, century-old treasure-trove, with a great selection of nuts, chocolate and national cheeses, and a basement stuffed with vintage wines and ports, some dating from the early 1900s.

Pingo Doce

Rua 1 Dezembro 123. Most central branch of the supermarket chain – a good place to stock up on picnic fodder, snacks or inexpensive booze.

Cafés

Beira Gare

Rua 1° de Dezembro 5. Daily 6.30am–1am. Well-established café opposite Rossio station, serving stand-up Portuguese snacks, and cheap lunches and dinners. Constantly busy, which is recommendation enough.

Café do Teatro

Teatro Nacional de Dona Maria II ⓣ213 472 246. Mon–Fri 9am–7pm. Lisbon's creative types frequent this theatre café, hidden among the imposing columns of Lisbon's main theatre.

Moderately priced cakes, sandwiches and drinks come with views across to the Neo-Manueline Rossio station.

Confeitaria Nacional

Praça da Figueira 18 ⓣ213 424 470. Daily 8am–8pm. Opened in 1829 and little changed since, with a stand-up counter selling pastries and sweets below a mirrored ceiling. There's a little side room and outdoor seating for sit-down coffees and snacks.

Nicola

Rossio 24 ⓣ213 460 579. Mon–Fri 9am–7.30pm, Sat 10am–1pm. The only surviving Rossio coffee house from the early twentieth century, a former haunt of some of Lisbon's great literary figures. The outdoor tables overlooking the bustle of Rossio are the café's best feature, though it has sacrificed much of its period interior in the name of modernization.

Suíça

Rossio ⓣ213 214 090. Daily 7am–9pm. Famous for its cakes and pastries; you'll have a hard job getting an outdoor table here, though there's plenty of room inside. The café stretches through to Praça da Figueira, where you'll find the best alfresco seating.

Restaurants

Adega Santo Antão

Rua das Portas de Santo Antão 42. Tues–Sun noon–11pm. Very good-value *adega* (wine cellar). There's a bustling bar area, and tables inside and out where you can tuck in to great grilled meat and fish dishes; the grilled sardines are always superb.

A Berlenga

Rua Barros Queiroz 29. Daily 8am–midnight. A *cervejaria* restaurant with a window stuffed full of crabs and seafood. Early evening snackers munch prawns at the bar, giving way later on to local diners who tend to eat meals chosen from the window displays, though there are also some meat dishes on the menu. Expect to pay €18 and up.

Andorra

Rua das Portas de Santo Antão 82 ⓣ213 426 047. Daily noon–midnight. Boasting an outdoor terrace on one of the broadest stretches of the street, this is the perfect place for people-watching and remains perenially popular with tourists. The Portuguese fish dishes and grills are good but slightly overpriced.

Bom Jardim/Rei dos Frangos

Trav. de Santo Antão 11–18 ⓣ213 424 389. Daily noon–11.30pm. This is *the*

▲ RESTAURANT TOUTS ON RUA PORTAS DE SANTO ANTÃO

place for spit-roast chicken, as long as you don't mind food with a high grease content. Other dishes are also good value. It's now so popular, it has spread into three buildings on either side of the alley – if one is full, try another. There are plenty of tables outdoors, too.

Casa do Alentejo

Rua das Portas de Santo Antão 58 ☎213 469 231. Daily noon–3pm & 7–11pm. As much a centre dedicated to Alentejan culture as a restaurant, "Alentejo House" has an extravagantly decorated interior, complete with stunning inner courtyard and seventeenth-century furniture. Various exhibitions are held here, lending a gravitas to the sound Portuguese food served in the two upstairs dining rooms. Mid-priced Alentejo specialities include *sopa à alentejana* (garlic soup with egg) and *carne de porco à alentejana* (grilled pork with clams). Reservations advised.

Celeiro

Rua 1° de Dezembro 65 ☎213 422 463. Mon–Fri 9am–6pm. Just off Rossio, this inexpensive self-service restaurant in the basement of a health-food supermarket offers tasty vegetarian spring rolls, quiches, pizza and the like. Go for the food, not the decor or ambience.

Gambrinus

Rua das Portas de Santo Antão 15 ☎213 421 466. Daily noon–2am. Rated one of Lisbon's top seafood restaurants, with a smart, wood-panelled interior and crisp, expensive, old-fashioned service. The menu features seasonal delights like broiled eel with bacon, or lobster, and there are crepes for dessert. Reservations advised.

Leão d'Ouro

Rua 1° de Dezembro 105 ☎213 426 195. Daily noon–2pm & 7pm–midnight. Cool and attractive azulejo-covered restaurant, usually frequented more by tourists than Lisboetas. It specializes in seafood and grilled meats and prices are quite high, but then so is the quality. Dinner reservations are advised.

Sol Posto

Calçada de Sant'Ana 11. Daily 9am–11pm. Reached up a scarily steep sidestreet, Sol Posto is a popular spot for huge and inexpensive *arroz* (rice) dishes – *marisco* (seafood) and *pato* (duck) rice are two specialities. Fellow diners are more likely to be from the local neighbourhood than a tour bus.

▲ OUTSIDE SEATING AT SOLMAR

Solar dos Presuntos

Rua das Portas de Santo Antão 150 ☎213 424 253. Mon–Sat noon–3pm & 7–10.30pm. The "Manor House of Hams" is, not surprisingly, best known for its smoked ham from the Minho region in northern Portugal, served cold as a starter. There are also excellent if expensive rice and game dishes, not to mention a good wine list; the service can be overly formal. Reservations advised.

Solmar

Rua das Portas de Santo Antão 108 ☎213 423 371. Daily noon–3pm & 7–10pm. A cavernous if pricey seafood restaurant, complete with fountain and marine mosaics, worth a visit as much for the experience as for the food, which can be hit or miss. Splash out on one of the lobsters trussed up in the bubbling tanks and you shouldn't leave disappointed.

Bars

A Ginginha

Largo de São Domingos 8. Daily 9am–10.30pm. Everyone should try *ginginha* – Portuguese cherry brandy – once. There's just about room in this microscopic joint to walk in, down a glassful and stagger outside to see the city in a new light.

Ginginha-Rubi

Rua B. Queiroz. Daily 9am–10.30pm. Worth a peer inside for its beautiful azulejos, this tiny watering hole offers *ginginha* with or without the cherry stone (some argue that its presence enhances the alcoholic content).

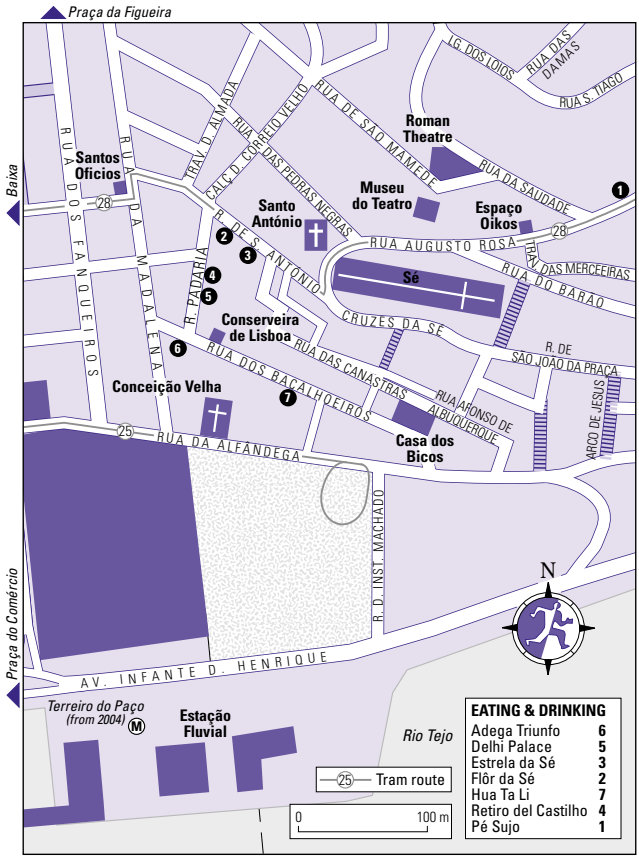
▲ TILED INTERIOR OF GINGINHA-RUBI

The Sé and around

East of the Baixa, the streets begin to rise steeply up one of Lisbon's many hills. The slopes around the Sé – Lisbon's cathedral – probably helped buffet the area from the worst effects of the 1755 earthquake; though most of the buildings date from the nineteenth century, many are pre-quake survivors.

The Sé

Largo da Sé ⓣ218 866 752. May–Sept Tues–Sat 10am–6.30pm, Sun 9am–5pm; Oct–April Mon–Sat 10am–5pm. Free. The Sé was founded in 1150 to commemorate the city's reconquest from the Moors on the site of their main mosque. It's a Romanesque structure



▲ THE SÉ

with a suitably fortress-like appearance, yet is extraordinarily restrained in both size and decoration. The great rose window and twin towers form a simple and effective facade, although there's nothing particularly exciting inside: the building was once splendidly embellished on the orders of Dom João V, but his Rococo whims were swept away by the 1755 earthquake and subsequent restorers. All that remains is a group of Gothic tombs behind the high altar and the decaying thirteenth-century **cloister** (Mon–Sat 10am–5pm; €0.50).

The Baroque **sacristy** (same hours as cloisters; €2.50) holds a small museum of treasures including the relics of Saint Vincent, brought to Lisbon in 1173 in a boat that was piloted by ravens, according to legend. Ravens were kept in the cloisters for centuries afterwards, but the tradition halted when the last one died in 1978. To this day, however, the birds remain one of the city's symbols.

Igreja de Santo António and Museu Antoniano

Largo S. António da Sé ⓣ218 869 145. The eighteenth-century church of **Santo António** (open daily) is said to have been built on the spot where the city's most popular saint was born as Fernando Bulhões; after his death in Italy he became known as Saint Anthony of Padua. The tiny neighbouring **museum** (Tues–Sat 10am–1pm & 2–6pm, Sun 10am–1pm; €1, free on Sun) chronicles the saint's life, including his enviable skill at fixing marriages, though only devotees will find interest in the statues and endless images.

Conceição Velha

Rua da Alfandega ⓣ218 870 202. Mon–Sat 8am–6pm, Sun 10am–1pm. Free. The church of Conceição Velha was severely damaged by the 1755 earthquake, but is still in possession of its flamboyant fifteenth-century Manueline doorway. This is an early example of the brilliant architectural style named after the reign of Dom Manuel, king of Portugal, during the great age of discoveries. The interior of the church, however, rebuilt after the earthquake, is relatively plain, with just one nave.

Tram #25

The open area to the east of Conceição Velha is the terminus for another of Lisbon's classic tram rides, the #25, which sees far fewer tourists than tram #28 but takes almost as picturesque a route. From here it trundles

▲ TINNED FISH IN CONSERVEIRA DE LISBOA

along the riverfront and up through Lapa and Estrela to the suburb of Prazeres, best known as the site of one of Lisbon's largest cemeteries.

Casa dos Bicos

Rua dos Bacalhoeiros ☎218 810 900. Mon–Fri 9.30am–5.30pm. Free. The Casa dos Bicos means the "house of points", and its curious walls – set with diamond-shaped stones – offer an image of the richness of pre-1755 Lisbon. It was built in 1523 for the son of the Viceroy of India, though only the facade of the original building survived the earthquake. It is in fairly regular use for cultural exhibitions; at other times, you can look around the remains of Roman fish-preserving tanks and parts of Lisbon's old Moorish walls (demolished in the fifteenth century), which were excavated during renovation work in the 1980s.

Museu do Teatro Romano

Entrance on Patio de Aljube 5 ☎218 885 958; ⓦwww.museu-teatroromano.net. Tues–Sun 10am–1pm & 2–6pm. Free. Roman Lisbon – Olisipo – became the administrative capital of Lusitania, the western part of Iberia, under Julius Caesar in 60 BC, and its wealth quickly grew thanks to its fish-preserving industries. The fruits of this wealth can be seen in the sparse ruins of a Roman theatre, dating from 57 AD, which are fenced off just north of Rua Augusto Rosa. The finds excavated from the site can be seen at the adjacent Museu do Teatro Romano, which also has video and computer-generated exhibits telling the story of the theatre's history.

Shops

Conserveira de Lisboa

Rua dos Bacalhoeiras 34 ☎218 871 058. Wall-to-wall tin cans make this colourful shop a bizarre but intriguing place to stock up on tinned sardines, squid, salmon, mussels and just about any other sea beast you can think of.

Espaço Oikos

Rua Augusto Rosa 40. Housed in the stables of a former Archbishop's Palace, this atmospheric stone-floored space sells stylish antiques, African and Oriental crafts and world music CDs. It also holds frequent exhibitions, usually connected to the developing world with exhibits displayed in huge stone troughs.

Santos Ofícios

Rua da Madalena 87. Small shop stuffed with a somewhat touristy collection of regional crafts, but including some attractive ceramics, rugs, embroidery, baskets and toys. There's another branch at the Lisbon Welcome Centre (see p.68).

Cafés

Flôr da Sé

Largo da Sé. Mon–Sat 7am–8pm. Convenient *pastelaria* with a counter stuffed full of pastries and savouries. Tables are set out beneath azulejos depicting Santo António. It also does decent, inexpensive lunches.

Restaurants

Adega Triunfo

Rua dos Bacalhoeiros 129. Tues–Sun noon–midnight. One of best of the moderately priced café-restaurants along this street. It has a changing menu of meat and fish dishes, pricier seafood and cheap house wine. The *feijoada* (bean stew) is a good bet, and the air-conditioning comes into its own in high summer.

Delhi Palace

Rua da Padaria 18–20 ⓣ218 884 203. Tues–Sun noon–3pm & 6.30pm–midnight. This bizarre combination of Indian and Italian cuisine is all the rage in Lisbon, and the attractively tiled *Delhi Palace* offers decent curries and pretty passable pizzas and pastas for a good price. Goan prawn curry is excellent, and there is a good range of vegetarian dishes. Friendly, English-speaking Indian owners.

Estrela da Sé

Largo S. António da Sé 4 ⓣ218 870 455. Mon–Fri noon–3pm & 7–11pm. Beautiful azulejo-covered restaurant near the Sé, serving inexpensive and tasty dishes like *alheira* (chicken sausage) and salmon. Its wooden booths – perfect for discreet trysts – date from the nineteenth century.

Hua Ta Li

Rua dos Bacalhoeiros 119 ⓣ218 879 170. Daily noon–3.30pm & 6.30–11pm. Very good value Chinese restaurant, especially popular for Sunday lunch, when it heaves with people (so it's best to book). Seafood scores highly; try the squid chop suey.

Retiro del Castilho

Rua da Padaria 34. Daily 7am–midnight. Budget meals eaten off paper-topped tables in a subterranean vault off Rua de São Julião. A good lunchtime spot, especially if you like filling soups.

Clubs

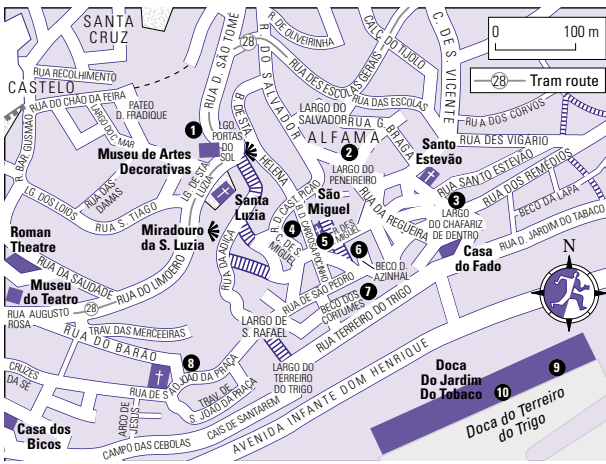
Pé Sujo

Largo de São Martinho 6–7 ⓣ218 866 144. Tues–Sun 11pm–3am. The "Dirty Foot" is five minutes' walk from the Sé. Hit a good night and there'll be massive audience participation and table-banging samba sessions in the tiny room with a large wooden terrace outside, though it's less lively if the house band isn't up to scratch.

The Alfama and the riverfront

The oldest part of Lisbon, Alfama was buttressed against significant damage in the 1755 earthquake by the steep, rocky mass on which it's built. Although none of its houses dates from before the Christian Reconquest, many are of Moorish design with a kasbah-like layout.

In Moorish times, this was the grandest part of the city, but as Lisbon expanded the new Christian nobility moved out, leaving it to the local fishing community. Today, although tourist shops and fado restaurants are moving in, the quarter retains a quiet, village-like quality, with life continuing much as it has done for years in the maze-like streets: people buying groceries and fish from hole-in-the-wall stores; householders stringing washing across narrow defiles and stoking small outdoor charcoal grills. Half the fun of exploring here is getting lost but, at some point, head for Rua de São



EATING & DRINKING

Cerca Moura	1	Malmequer-Bemmequer	5	Santo António de Alfama	4
Clube do Fado	8	Mesacais	10	Taverna do Embuçado	7
Jardim do Marisco	9	A Parreirinha de Alfama	3	A Taverna do Julião	2
Lautasco	6				

Miguel – off which run some of the most interesting *becos* (alleys) – and for the parallel street Rua de São Pedro, where *varinas* (fishwives) sell the catch of the day from tiny stalls.

Fado

Fado (literally "fate") is often described as a kind of working-class blues. Popular themes are love, death, destiny, bullfighting and indeed fate itself. It is believed to derive from music that was popular with eighteenth-century immigrants from Portugal's colonies who first settled in Alfama. Famous singers like Maria Severa and Amália Rodrigues grew up in Alfama, which since the 1930s has hosted some of the city's most authentic fado houses. Contemporary singers to look out for are Helder Moutinho, Carlos do Carmo, Maria da Fe and Cristina Branco, though you may find the most entertaining fado of all is performed spontaneously by amateurs in bars and restaurants.

Casa do Fado e da Guitarra Portuguesa

Largo do Chafariz de Dentro ☎218 823 470. Daily 10am–1pm & 2–6pm. €2.50. Set in the renovated Recinto da Praia, a former water cistern and bathhouse, the Casa do Fado e da Guitarra Portuguesa provides an excellent intro-duction to fado, the mournful Portuguese musical sound that emerged from the Alfama alleys. The museum details the history of fado and its importance to the Portuguese people; its shop also stocks a great selection of CDs. A series of rooms in the museum containing wax models, pictures and descriptions of fado's leading characters also trace the history of the Portuguese guitar, an essential element of the fado performance. Push buttons to listen to the different types of fado (Lisbon has its own kind, differing from that of the northern city of Coimbra), varying from mournful to positively racy.

Doca do Jardim do Tobaco

On the riverfront, across the busy Avenida Infante Dom Henrique, lies the dockland development of the Doca do Jardim do Tobaco. Its name, "Tobacco Garden Dock", refers to its previous role as the city's

▲ ALFAMA STREET

main depot for storing tobacco. The old warehouses, facing one of the broadest sections of the Rio Tejo, have now been spruced up and it's a great place for a sunset drink or an evening meal with the views from the outdoor tables of its restaurants attracting a largely local crowd.

Miradouro de Santa Luzia

Steeply uphill, the church of Santa Luzia marks the entry to the Miradouro de Santa Luzia, a spectacular viewpoint where elderly Lisboetas play cards and tourists gather to take in the sweeping views across the Alfama and the river beyond. Opposite is the main, well-signed marked route up to the entrance to the Castelo de São Jorge (see p.90).

▲ A SHADY SPOT IN THE ALFAMA

Museu de Artes Decorativas

Museum Largo das Portas do Sol 2 ⓣ218 881 991, ⓦ www.fress.pt. Tues–Sun 10am–5pm. €5. Set in the seventeenth-century Azurara Palace, this fascinating museum contains some of the best examples of seventeenth- and eighteenth-century applied art in the country. The rambling building has unique pieces of furniture, major collections of silver and porcelain, and magnificent paintings and textiles on five floors, set around a stairway decorated with dazzling azulejos. Highlights include a stunning sixteenth-century tapestry depicting a parade of giraffes, beautiful carpets from Arraiolos in the Alentejo district, and oriental-influenced quilts that were all the rage during the seventeenth and eighteenth centuries. The museum also has a small café with a patio garden.

Cafés

Cerca Moura

Largo das Portas do Sol 4 ⓣ218 874 859. Mon–Sat 11am–2am, Sun 11am–8pm. A good if pricy café-bar in which to take a break from climbing up and down the hilly streets. However, the main appeal is the stunning view of Alfama from the esplanade seats.

Restaurants

Jardim do Marisco

Avda Infante Dom Henrique, Doca do Jardim do Tobaco Pavilhão AB ⓣ218 824 240. Daily 1–3.30pm & 8–11pm. Best-positioned of the row of pricey warehouse restaurants in the Doca Jardim do Tobaco

▲ MIRADOURO DE SANTA LUZIA

development. The counter by the main entrance groans under the weight of crabs, giant prawns and shellfish and, not surprisingly, seafood is the speciality – grilled, served in salads, or with pasta or *açorda* (a garlic and bread sauce). There's an upstairs terrace with great river views and an airy interior with high ceilings.

Lautasco

Beco do Azinhal 7 ☎218 860 173. Mon–Sat 10am–3pm & 9–11.30pm; closed Dec. Tucked just off the Largo do Chafariz de Dentro, in a picturesque Alfama courtyard; by day a shady retreat, by night a magical, fairy-lit oasis. Multilingual menus and higher-than-usual prices suggest a largely tourist clientele, but it's a great spot for *borrego* (lamb), *tamboril* (monkfish) or *cataplanas* (stews). Bookings advised.

Malmequer-Bemmequer

Rua de São Miguel 23–25 ☎218 876 535. Mon & Wed–Sat 12.30–3.30pm & 7–10.30pm, Tues 7pm–10.30pm; closed last week in Oct. Cheerily decorated and moderately priced place, overseen by a friendly owner. Grilled meat and fish dishes dominate the menu (try the *salmão no carvão* – charcoal-grilled salmon), or eat from the daily changing tourist menu for around €15.

Mesacais

Avda Infante Dom Henrique, Doca do Jardim do Tobaco Pavilhão AB ☎218 877 155. Tues & Wed 8pm–midnight, Thurs & Fri 8pm–2am, Sat 1–3pm & 8pm–2am, Sun 1–3pm & 8pm–midnight. Classy, riverside haunt specializing in fondue dishes that bubble at your table. The fish and seafood is also superb and includes *espetado de lulas com camarão* (squid kebabs with prawns). The starters – octopus and runny cheeses – are delicious but add considerably to a bill which is usually on the high side. Reservations advised.

Santo António de Alfama

Beco de São Miguel 7 ☎218 881 328 or 218 881 329. Daily except Tues

8pm–1am. With black-and-white photos of film stars on the wall and a lovely outdoor terrace shaded by vines, this is one of the nicest restaurant-bars in the Alfama; it's off Rua de São Miguel, and you should book to guarantee a table. There's a very long list of expensive wines, but the food (dishes like *carpaccio de carne* – meat carpaccio – and *bife com molho do mostarda* – beef with mustard sauce) is more moderately priced.

Clubs

Clube do Fado

Rua de São João da Praça 92–94 ⓣ218 852 704. Daily 8.30pm–2am. Intimate and homely fado club with stone pillars, an old well as a decorative feature, and a mainly local clientele. It attracts small-time performers, up-and-coming talent and the occasional big name. Minimum charge around €12.

A Parreirinha de Alfama

Beco do Espírito Santo 1 ⓣ218 868 209. Daily 8pm–2am. One of the best fado venues, just off Largo do Chafariz de Dentro, often attracting leading stars and an enthusiastic local clientele. Reservations are advised when the big names appear. Minimum charge around €13, but expect to spend around €30 with food.

Taverna do Embuçado

Beco dos Cortumes 10 ⓣ218 865 088. Mon–Sat 8.30pm–2.30am. First opened in 1966, this fado *adega* rarely gets too packed, even when the big-name artists are in town. The food is great, too, though you can expect to pay a minimum of €18, and up to €40 with food.

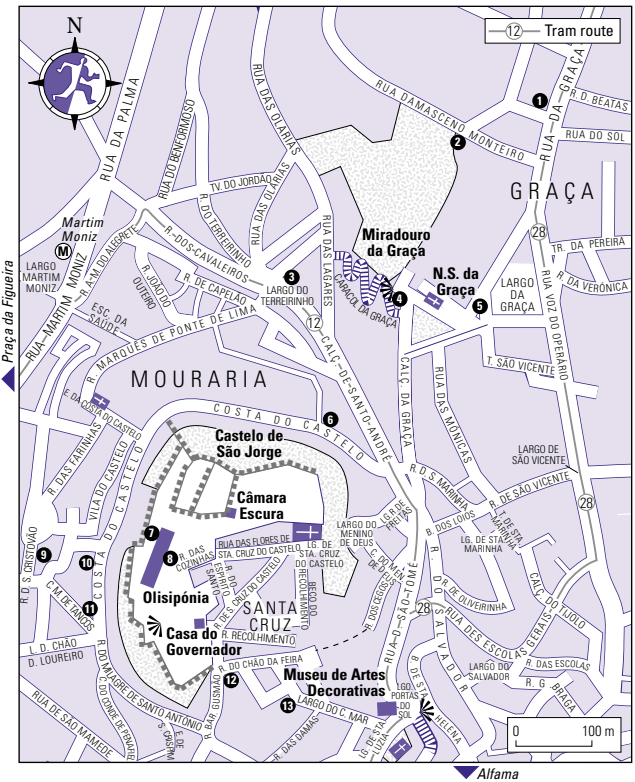
A Taverna do Julião

Largo do Peneireiro 5 ⓣ218 872 271. Wed–Sun 9pm–2am. An authentic fado club in the heart of Alfama. The house singer, Argentina Santos, is well worth catching. Minimum charge around €12.

▼ SÃO MIGUEL, ALFORNA

Castelo, Mouraria and Graça

The remains of the Castelo de São Jorge form a little oasis of tranquillity in a dazzling position high above the city. The castle and the surrounding ancient districts of Mouraria and Santa Cruz are, along with Alfama, the oldest and most interesting areas of Lisbon. To get an aerial view of this neighbourhood, head to the nearby district of Graça, which sits next to Lisbon's highest hill.



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▲ VIEW FROM CASTLE

Castelo de São Jorge

☎218 877 244. Daily: March–Oct 9am–9pm; Nov–Feb 9am–6pm. Free. Reached by a confusing – but well-signposted – series of twisting roads, the Castelo de São Jorge is perhaps the most spectacular building in Lisbon, as much because of its position as anything else. Favoured by lovers and tourists alike, the castle's current function is far removed from its historical role. This was once the heart of a walled city that spread downhill as far as the river. The castle's fortifications were strengthened after the original Moorish castle was besieged in 1147 by a gang of ruthless Crusaders, who conquered Lisbon after some four hundred years of Moorish rule. From the fourteenth century, Portuguese kings took up residence in the old Moorish palace, or Alcáçova, within the walls, but by the early sixteenth century they had moved to the new royal palace on Praça do Comércio. Subsequently, the castle was used as a prison for a time and then as an army barracks until the 1920s. The walls were partly renovated by Salazar in the 1930s and further restored for the Expo 98. A series of gardens, walkways and viewpoints hidden within the old Moorish walls makes this an enjoyable place in which to wander about for a couple of hours, with spectacular views over the city from its ramparts and towers.

Câmara Escura

Daily every 30min, weather permitting, 10am–1.30pm & 2.30–5pm; closed 1 Jan, 1 May & 25 Dec. €2. One of the castle towers, the Tower of Ulysses, now holds a kind of periscope which projects sights from around the city onto a white plate with commentary in English. Unless you like being holed up in dark chambers with up to fifteen other people, though, you may prefer to see the view in the open air.

Olisipónia

☎218 877 244. Daily: May–Sept 10am–1pm & 2–6pm; Oct–April 10am–1pm & 2–5.30pm. €1.50. Of the old Moorish Alcáçova, only a much-restored shell remains. This now houses Olisipónia (the Roman name for the city), a multimedia history shown in three underground chambers. Portable headsets provide a 35-minute commentary on aspects of Lisbon's development; although the presentations overlap somewhat and gloss over a few of Lisbon's less savoury

chapters, such as slavery and the Inquisition, they are a useful introduction to the city.

Santa Cruz and Mouraria

Crammed within the castle's outer walls is the tiny medieval quarter of Santa Cruz, very much a village in itself, with kids playing in the streets and women chatting on doorsteps – though the area is currently undergoing substantial redevelopment, with the opening of the exclusive Solar do Castelo hotel (see p.185) a possible sign of things to come. Leaving Santa Cruz, a tiny arch at the end of Rua do Chão da Feira leads through to Rua dos Cegos and down to Largo Rodrigues de Freitas, which marks the eastern edge of Mouraria, the district to which the Moors were relegated after the siege of Lisbon – hence the name. Today Mouraria is an atmospheric residential area with some of the city's best African restaurants, especially around Largo de São Cristóvão.

Graça

The ever-popular tram #28 (see opposite) begins its route in the broad Largo da Graça. Head past Nossa Senhora da Graça – a church which partly dates from 1271 – to Miradouro da Graça, where you can admire superb views over Lisbon and the castle.

Tram #28

The picture-book tram #28 is one of the city's greatest rides, though its popularity is such that there are usually queues to get on and standing room only is more than likely. Built in England in the early twentieth century, the trams are all polished wood and chrome but give a distinctly rough ride up and down Lisbon's steepest streets, at times coming so close to shops that you could almost take a can of sardines off the shelves. From Graça, the tram plunges down through Alfama to the Baixa and up to Prazeres, to the west of the centre.

Shops

Casa do Governador

Castelo de São Jorge. Right by the castle entrance – so aimed at passing tourists – the former Governor of Lisbon's house is now a shop with an eclectic collection of art books, black-and-white postcards of old Lisbon, fado and world music CDs, and some tasteful ceramics.

▼ VIEW OVER EASTERN LISBON

Cafés

O Café do Castelo

Castelo de São Jorge. Daily 9am–dusk. Set within the castle walls, this café offers good-value buffet lunches (all you can eat for €7) and drinks. Its outdoor tables are beautifully positioned under shady trees, with the castle's resident peacocks for company.

Matas

Largo da Graça 63B. Tues–Sat 9am–9pm. Handily over the square from the tram #28 stop, this little café in a completely tiled building has tables inside or out for drinks and inexpensive lunches such as salads and grills.

Restaurants

Arco do Castelo

Rua do Chão da Feira 25 ⓣ218 876 598. Mon–Sat noon–midnight. Cheerful place just below the entrance to the castle, specializing in moderately priced Goan dishes – choose from tempting shrimp curry, Indian sausage or spicy seafood.

Casa do Leão

Castelo de São Jorge ⓣ218 875 962. Daily 12.30–3.30pm & 8–10pm. This restaurant couldn't be better situated, within the castle walls, providing a superb city view from its outside terrace and tiled interior. Service is slick and the top-rate traditional Portuguese food includes *caldeirão de cabrito* (goat stew). Prices are high but not outrageous, though there's also a tourist menu at around €30. Reservations advised.

▲ TERRACE OF CASA DO LEÃO

São Cristóvão

Rua de São Cristóvão 28–30 ⓣ218 885 578. Daily 10.30am–midnight. Titchy good-value Cape Verdean restaurant, which crams in tables, a TV and live music on Friday to Sunday evenings, all overseen by the motherly owner – Mento. Dishes include *catchupa rica* (pork, chicken, maize and beans) and *galinha caboverdiana* (chicken with coconut milk). There are also Portuguese and Angolan specialities. It's a good idea to reserve for dinner as there's not much room.

A Tasquinha

Largo do Contador Mor 5–7. Mon–Sat 10am–11pm. Considering its position on the main route up

to the castle, this lovely *tasca* (dining room) has remained remarkably unaffected by tourism. The food – grilled fish and chicken – is good value, too, served either at the few tables in the traditionally decorated interior, or on a fine outdoor terrace.

Teatro Taborda

Costa do Costelo 75 ⓣ218 860 104. Tues–Sun 2pm–midnight. Fashionable theatre café-restaurant with fine views from the terrace. The menu offers inexpensive fresh vegetarian dishes, including vegetable lasagne, Greek salad and falafels.

Via Graça

Rua Damasceno Monteiro 9b ⓣ218 870 830. Mon–Fri 12.30–3.30pm & 7.30pm–midnight, Sat 7.30pm–midnight. Tucked away below the Miradouro da Graça (take a left after Largo da Graça becomes Rua da Graça), this smart and expensive restaurant in an unattractive modern building is a whole lot better on the inside, from where you can soak up the stunning panoramas of Lisbon. Specialities include partridge with clam *cataplana* and lobster and *bacalhau* with spider crab.

Bars and clubs

Costa do Castelo

Calçada. do Marquês de Tancos 1b ⓣ218 884 636. Wed–Sat 4pm–2am, Sun 3pm–9pm. Closed Jan & Feb. Beautifully positioned terrace-café with Baixa views, a long list of cocktails and a restaurant serving mid-price Mozambican dishes. There's live music (usually Brazilian or jazz) on Thursday and Friday nights, and occasional poetry readings at other times.

Esplanada da Graça

Largo da Graça ⓣ217 427 508. Daily 10am–2am. A tiny kiosk serving coffee, drinks and snacks by the Miradouro da Graça. It's not cheap, but the seats have stunning views over the bridge and the Baixa, particularly at sunset. After dark, it cranks up a powerful music system to change the atmosphere from laid-back to decidedly lively.

Rêsto do Chapitô

Costa do Castelo 7 ⓣ218 867 334. Tues–Fri 7.30pm–2am, Sat & Sun noon–2am. Multipurpose venue incorporating a theatre, circus school, restaurant and tapas bar. The outdoor esplanade commands terrific views over Alfama and most people come here to drink and take in the view. In summer there is live jazz most weekend evenings. The restaurant (Tues–Sun 7.30pm–midnight) is in an upstairs dining room, reached via a spiral staircase, and serves moderately priced pastas, salads and one or two fish and meat dishes.

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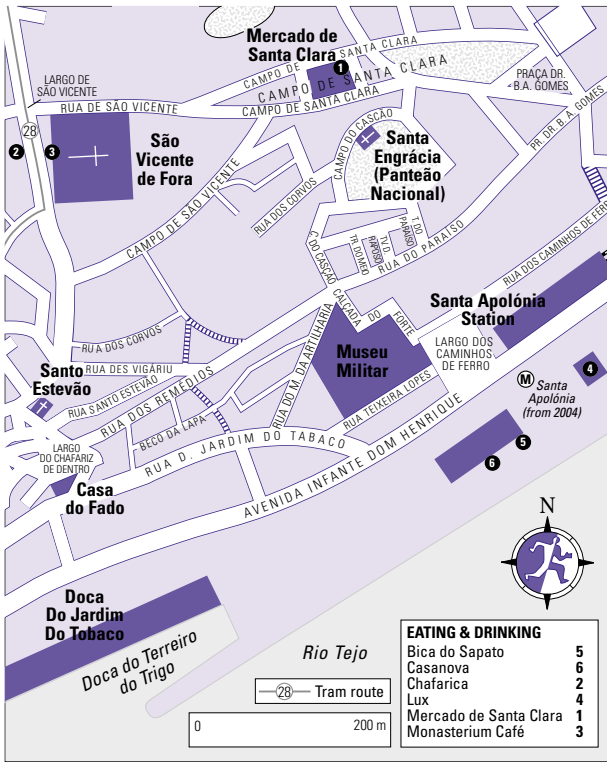
Eastern Lisbon

East of the castle on the periphery of the Alfama lie two of Lisbon's most historic and prominent churches, São Vicente de Fora and Santa Engrácia. These both deserve a visit, especially if you are around when the rambling Feira da Ladra flea market enlivens the area. Down on the riverfront, Santa Apolónia, Lisbon's main international train station, is situated in a revitalized area that boasts the city's most fashionable club and there have been plans to establish the docks further with a new cruise ship terminal and casino. The industrial dock area east of here is of less interest, apart from the fascinating tile museum that lies a short bus ride away.



▲ VIEW FROM CAFE TERRACE, SÃO VICENTE DE FORA

São Vicente de Fora

Tues–Fri 9am–6pm, Sat 9am–7pm, Sun 9am–12.30pm & 3–5pm. Free. The church of São Vicente de Fora stands as a reminder of the extent of the sixteenth-century city; its name means "Saint Vincent of the Outside".

It was built during the years of Spanish rule by Philip II's Italian architect, Felipe Terzi (1582–1629); its severe geometric facade was an important Renaissance innovation. Through the cloisters, decorated with azulejos representing scenes from Portugal's history, you can visit the old monastic refectory, which since 1855 has formed the **pantheon of the Bragança dynasty** (Tues–Sun 10am–5.30pm; €2). Here, in more or less complete sequence, are the bodies of all the Portuguese kings from João IV, who restored the monarchy in 1640, to Manuel II, who lost it and died in exile in England in 1932. Among them is Catherine of Bragança, the widow of England's Charles II, who is credited as having introduced the concept of teatime to the Brits. There's a café (see p.96) at the church if you do fancy a cup of tea.

Feira da Ladra

Tues and Sat 6am–around 3pm. The broad, leafy square of Campo de Santa Clara is home to the twice-weekly Feira da Ladra ("Thieves' Market"), Lisbon's main flea market. It's not the world's greatest market, but it does turn up some interesting things, like oddities from the former African colonies and old Portuguese prints. Out-and-out junk – from broken alarm clocks to old postcards – is spread on the ground above Santa Engrácia, with cheap clothes, CDs and half-genuine antiques at the top end of the *feira*. The covered *mercado* (market) building does a fine array of fresh fruit and vegetables.

Santa Engrácia

Tues–Sun: May–Oct 10am–6pm; Nov–April 10am–5pm. €2 (free on Sun 10am–2pm). The white dome of Santa Engrácia makes it one of the most recognizable buildings on the city skyline. The loftiest and most tortuously built church in the city, it has become synonymous with unfinished work – begun in 1682, it was only completed in 1966. It is now the Panteão Nacional, housing the tombs of eminent Portuguese figures, including

writer Almeida Garrett – former presidents, notably Sidónio Pais, president during World War I – and Amália Rodrigues, Portugal's most famous fado singer. You can take the lift up to the dome, from where there are great views over the flea market, port and city.

Museu Nacional do Azulejo

Rua da Madre de Deus 4, ☎218 147 747. Tues 2–6pm, Wed–Sun 10am–6pm. €2.50, free on Sun. Bus #104 or bus #105. The tile museum is Lisbon's most interesting small museum. The Museu Nacional do Azulejo traces the development of the distinctive Portuguese azulejo tiles from fifteenth-century Moorish styles to the present day. It is installed in the church and cloisters of Madre de Deus, whose eighteenth-century tiled scenes of the life of Saint Anthony are among the best in the city. Upstairs there are temporary exhibitions usually related to tiles. The highlight, however, is Portugal's longest azulejo – a wonderfully detailed forty-metre panorama of Lisbon, completed in around 1738. The museum café-restaurant is a great spot for lunch, with meals taken in the leafy garden. There is also a good museum shop selling high-quality azulejos.

Cafés

Monasterium Café

Igreja São Vincente de Fora, Calçada de São Vicente ☎218 885 652. Tues–Sun 10am–5pm. The café in the São Vicente monastery building boasts comfortable indoor seating, a tranquil patio and, best of all, a small roof terrace with stupendous views over Alfama and the Tejo (including an aerial view of tram #28 squeezing through its narrowest street).

Restaurants

Bica do Sapato

Avda Infante Dom Henrique, Armazém B, Cais da Pedra à Bica do Sapato ☎218 810 320. Mon 5pm–2am, Tues–Sat 9am–2am. Owned by actor John Malkovich, and attracting politicians and the glitterati, this very stylish but refreshingly informal warehouse conversion has mirrored walls to reflect the crisp Tejo vistas. There's an outside terrace, too. The expensive menu features a long list of international fish and meat dishes such as crab ravioli, as well as great ciabatta sandwiches, pasta, *carpaccio* and sushi. Reservations advised.

Casanova

Avda Infante Dom Henrique, Loja 7 Armazém B, Cais da Pedra à Bica do Sapato ☎218 877 532. Tues 6pm–2am, Wed–Sun 12.30pm–2am. If *Bica do Sapato* is beyond your budget, the more modestly priced *Casanova* next door offers pizza, pasta and *crostini* accompanied by similar views from its outside terrace. It's phenomenally popular and you can't book, so turn up early.

Mercado de Santa Clara

Campo de Santa Clara ☎218 873 986. Tues–Sat 12.30–3pm & 8pm–midnight, Sun 12.30–3pm. Highly rated cuisine is served in the upstairs room of the old market building, with distant views of the Tejo. Come on Tuesday or Saturday lunchtime to be in the thick of the Feira da Ladra

market bustle. The restaurant specializes in moderately priced beef dishes, but also serves more pricey fish, while on Sunday *feijoada* is the dish of the day. Reservations advised.

Clubs

Chafarica

Calçada de São Vicente 79 ⓣ218 867 449. Mon–Sat 10pm–3.30am. Long-established Brazilian bar with live music every night from around 11pm. Best after midnight, especially after a few *caipirinhas*, the lethal Brazilian concoction of rum, lime, sugar and ice.

Lux

Armazéns A, Cais da Pedra a Santa Apolónia, ⓦwww.lux@luxfragil.com. Tues–Fri 6pm–6am, Sat & Sun 4pm–6am. This converted former meat warehouse has become one of Europe's most fashionable spaces, attracting visiting stars like Prince and Cameron Diaz. Part-owned by actor John Malkovich, it was the first place to venture into the docks opposite Santa Apolónia station. There's a rooftop terrace with amazing views, various bars, projection screens, a frenzied downstairs dance floor, and music from pop and trance to jazz and dance. The club is also increasingly on the circuit for touring bands.

▲ MERCADO DE SANTA CLARA

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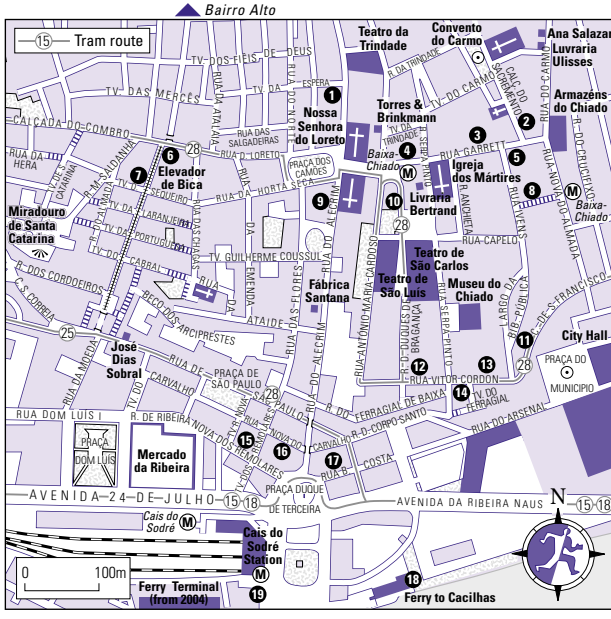
Cais do Sodré and Chiado

The area west of the Baixa presents two very different faces of Lisbon. Down on the waterfront Cais do Sodré (pronounced kaiysh doo soodray) is a characterful, slightly down-at-heel suburb enlivened by some good restaurants, clubs and bars. Many of its waterfront warehouses have been converted into upmarket cafés and restaurants and by day, in particular, a stroll along its atmospheric riverfront is very enjoyable. Nearby Mercado da Ribeira, Lisbon's main market, is also big on atmosphere, as is the hillside Bica district, which is served by another of the city's classic elevador street lifts – Elevador da Bica. Rising above Cais do Sodré both literally and metaphorically, the well-to-do district



EATING & DRINKING							
Associação Católica	14	British Bar	17	Chez Degroote	12	Jamaica	16
Baliza	7	Café No Chiado	10	L'Entrecôte	9	Tágide	11
Bernard	3	Caffè Rosso	5	Espanol	8	Tavares Rico	1
Bicaense	6	Cais da Ribeira	19	Heroís	2	Wagons-Lit	18
A Brasileira	4	O Canteiro	13	Irish Pub O'Gilins	15		

of Chiado (pronounced she-ar-doo) is famed for its smart shops and cafés, along with the city's main museum for contemporary arts. It was greatly damaged by a fire in August 1988, although the original Belle Epoque atmosphere has been superbly re-created under the direction of eminent Portuguese architect Álvaro Siza Vieira.

Mercado da Ribeira

The Mercado da Ribeira is Lisbon's main and most interesting market. Built originally on the site of an old fort at the end of the nineteenth century, the current structure only dates from 1930. The main market downstairs (Mon–Sat 6am–2pm) has an impressive array of food and fish of all shapes and sizes – there are also spices, fruit and vegetables. In the past it was traditional for Lisboetas to enjoy a *cacau da Ribeira* (cocoa) here after a night out on the town, and the local council recently decided to renovate the market building in an attempt to restore this social function. The upper level is now a centre for regional arts and gastronomy and, although squarely aimed at tourists, the Loja de Artesenato (daily 10am–10pm), specializing in art and crafts from Lisbon and the Tejo valley, at least keeps traditional crafts alive. There are various **food stalls** (daily 10am–11pm) on this level selling produce from the Portuguese regions, including superb fresh breads, cheeses, wines and *petiscos* (snacks); there's also a restaurant specializing in regional food. A central stage hosts live music (Fri & Sat 10pm–1am) at weekends, ranging from jazz to folk.

Elevador da Bica

Mon–Sat 7am–10.45pm, Sun 9am–10.45pm. €1. With its entrance tucked into an arch on Rua de São Paulo, the Elevador

▲ FLOWER SELLERS OUTSIDE CAIS DO SODRÉ STATION

▲ FISH STALL IN MERCADO DA RIBEIRA

da Bica is one of the city's most atmospheric funicular railways. Built in 1892 – and originally powered by water counterweights, but now electrically operated – the *elevador* leads up towards the Bairro Alto, via a steep residential street with drying laundry usually draped from every window. Take time to explore the steep side streets of the Bica neighbourhood, too, a warren of atmospheric houses and little shops.

Miradouro de Santa Catarina

The Miradouro de Santa Catarina is a broad viewpoint with spectacular views back over the river. Here, in the shadow of the statue of the Adamastor – a mythical beast from Luís de Camões's *Lusiads* – a mixture of oddballs and guitar-strumming New Age hippies often collects around the handy drinks kiosk, which has a few outdoor tables.

Museu do Chiado

Rua Serpa Pinto 4 ⓣ213 432 148. Tues 2–6pm, Wed–Sun 10am–6pm. €3, free on Sun until 2pm. The Museu do Chiado, Lisbon's contemporary art museum, is a stylish building with a pleasant courtyard café and rooftop terrace, constructed around a nineteenth-century biscuit factory. Temporary art exhibitions often take up some of the gallery space, while the museum displays a permanent collection of works by some of Portugal's most influential artists since the nineteenth century. Highlights include António Costa Pinheiro's portrait of Fernando Pessoa and a beautiful sculpture, *A Viúva* (The Widow), by António Teixeira Lopes along with some evocative early twentieth-century Lisbon scenes by water-colourist Carlos Botelho. There is also a small collection of French sculpture, including Rodin's *The Bronze Age*.

Teatro Nacional de São Carlos

Rua Serpa Pinto 9 ⓣ213 468 408, ⓦwww.saocarlos.pt. Open for performances only. Lisbon's main opera house, the Teatro Nacional de São Carlos, was built shortly after the original Lisbon opera house on Praça do Comércio was destroyed in the Great Earthquake. Heavily influenced by the leading Italian opera houses, it has a sumptuous Rococo interior, but you can only see it during performances of opera, ballet and classical music.

Rua Garrett

Chiado's most famous street, Rua Garrett, is where you'll find some of the oldest shops and cafés in the city, as well as

the Igreja dos Mártires, named after the English Crusaders who were killed during the siege of Lisbon. Some of the area's best shops can also be found in nearby Rua do Carmo, virtually rebuilt from scratch after the 1988 fire.

Shops

Ana Salazar

Rua do Carmo 87 ☎213 472 289; ⓦwww.anasalazar.pt One of Lisbon's best-known names for designer clothes, though her reputation is based more on style than on the materials used. There's another branch at Avda da Roma 16.

Armazéns do Chiado

Rua do Carmo 2 ☎213 210 600. Daily 10am–10pm, restaurants until midnight. This well-designed shopping centre sits on six floors above metro Baixa-Chiado in a structure that has risen from the ashes of the Chiado fire, though it retains its traditional facade. Various shops include branches of Massimo Duti (women), and the classy toy shop Imaginarium. The top floor has a series of cafés and restaurants, including Brazilian chain Chimarrão, most offering great views.

Fábrica Sant'anna

Rua do Alecrim 95 ☎213 422 537. If you're interested in Portuguese azulejos, check out this factory shop, founded in 1741, which sells copies of traditional designs and a great range of pots and ceramics.

José Dias Sobral

Rua de São Paulo 218 ☎213 425 903. Founded in 1880 and barely changed since, this traditional workshop at the foot of the Elevador da Bica sells quality leather belts, briefcases and shoe laces.

▲ MUSEU DO CHIADO CAFÉ GARDENS

Livraria Bertrand

Rua Garrett 73 ⓣ213 421 941. ⓦwww.bertrand.pt. Portugal's oldest general bookshop, founded in 1773 and once the meeting place for Lisbon's literary set. With novels in English and a range of foreign magazines, it's also a good place to find English translations of Portuguese writers like Fernando Pessoa.

Luvaria Ulisses

Rua do Carmo 87a ⓣ213 420 295. The superb, ornate doorway leads you into a minuscule glove shop with hand-wear to suit all tastes tucked into rows of boxes.

Torres and Brinkmann

Rua Nova da Trindade 1b. The best place in the city to buy cookery equipment; it has stylish, high-quality pots, pans and utensils, including coffee-making gear and griddles. There's another branch just up the road at Trav. da Trindade 18–22, specializing in porcelain, glass and silverware.

Cafés

Bernard

Rua Garrett 104 ⓕ211 373 133. Mon–Sat 8am–midnight. Often overlooked because of its proximity to *A Brasileira*, this ornate café offers superb cakes, ice cream and coffees; it has an outdoor terrace on Chiado's most fashionable street.

A Brasileira

Rua Garrett 120 ⓣ213 469 547. Daily 8am–2am. Opened in 1905, and marked by an outdoor bronze statue of the poet Fernando Pessoa, this is the most famous of Lisbon's old-style coffee houses. The tables on the pedestrianized street get snapped up by tourists, but the real appeal is in its traditional interior, where prices are considerably cheaper than on the outdoor esplanade, especially if you stand at the long bar. At night the clientele changes to a more youthful brigade, all on the beer.

Café No Chiado

Largo do Picadeiro 11 ⓣ213 424 717. Mon–Sat 10pm–2am. Café-restaurant at the top end of Rua Duque de Bragança, with outdoor tables in a picturesque square. There's Internet access upstairs at *Ciber Chiado*.

▲ TRAM #28 PASSING CAFÉ NO CHIADO

Wagons-Lit

Estação Fluvial. Mon–Fri 7am–10pm, Sat & Sun 7am–8.30pm. A simple and tranquil spot with outdoor tables facing the river, offering inexpensive coffees, drinks and snacks. A great place to while away a few minutes if you have a ferry or train to catch from Cais do Sodré.

Restaurants

Associação Católica

Travessa do Ferragial 1. Mon–Fri noon–3pm. There's no sign on the door but look for no. 1 on this small road just off Rua do Ferragial and head to the top floor for a self-service canteen offering a choice of different dishes – from grilled fish to large salads – each day. The chief attractions are the low prices and the rooftop terrace with fine views over the Tejo.

Cais da Ribeira

Armazém A, Porta 2 ⓣ213 463 611 or 213 423 611. Tues 7.30–11.30pm, Wed–Sat 7pm–2am, Sun noon–4pm & 7–11pm. On the riverfront next to Cais do Sodré station, this attractive converted warehouse with river views serves superior fish, meat and seafood straight from the market. Specialities include paella (for two people) and flambéed desserts.

O Canteiro

Rua Vitor Cordon 8–10. Mon–Fri 7am–8pm. On a steep street served by tram #28, the cool, azulejo-covered interior harbours an inexpensive self-service counter feeding local workers with a fine range of dishes, like tuna and black-eyed bean salad or *bacalhau* rissoles, followed by fresh strawberries. It is particularly busy at lunchtime, when you may have to wait for a table.

Chez Degroote

Rua dos Duques de Bragança 4 ⓣ213 472 839. Mon–Fri noon–3pm & 7.30–11.30pm, Sat 7.30–11.30pm. Romantic spot in a tastefully done up town house, with soaring ceilings and shuttered windows. Specialities include various beef dishes, omelettes and fish, with some delicious starters, too.

L'Entrecôte

Rua do Alecrim 121 ⓣ213 428 343. Mon–Sat 12.30–3pm & 8pm–midnight, Sun 12.30–4pm & 8pm–midnight. This upmarket, relaxing, wood-panelled restaurant with soaring ceilings has won awards for its *entrecôte*, which is just as well, as that's all it serves. It is truly delicious, dished up with a superb creamy sauce. There's also a good set menu for around €15. Dinner reservations advised.

Español

Calçada Nova de São Francisco 2 ⓣ213 470 895. Daily noon–midnight. A little slice of fashionable Spain, with high bar stools, spinning ceiling fans and outdoor tables on a steep stepped street. Choose from some great tapas lined up at the bar, a drink, or a full meal of tortilla, hams and the like.

Tágide

Largo Academia das Belas Artes 18–20 ⓣ213 420 720. Mon–Fri 12.30–2.30pm & 7.30–10.30pm. One of Lisbon's priciest restaurants, serving superb Portuguese dishes such as partridge in port and octopus in red wine. The light and airy dining room has

▲ SHOESHINER IN RUA GARRETT

sweeping city views that are hard to beat. Book ahead, especially for a window seat, and expect to spend at least €30 per person.

Tavares Rico

Rua da Misericórdia 35 ⓣ213 421 112. Mon–Fri 12.30–3pm & 7.30–11pm, Sun 7.30–11pm. Gloriously ornate restaurant, one of Lisbon's oldest, dating from 1784, where you can dine in splendour on richly prepared lobster, duck or sole.

Bars and clubs

Baliza

Rua da Bica de Duarte Belo 51 ⓣ213 478 719. Mon–Fri 1pm–2am, Sat 4pm–2am. Small, friendly café-bar at the top of the Elevador da Bica. Gays and locals from this traditional district come together to enjoy the music, from jazz to Latin, retro to dance.

Bicaense

Rua da Bica Duarte Belo 38–42. Mon–Sat 12.30–3pm & 8pm–2am. Small, fashionable bar on the steep street used by the Elevador da Bica, with jazz and Latin sounds and a moderately priced bar food menu.

British Bar

Rua Bernardino Costa 52 ⓣ213 422 367. Mon–Sat noon–midnight. Wonderful Anglo–Portuguese hybrid stuck in a 1930s time warp, featuring ceiling fans, marble counter and dark wooden shelves stacked with wines and spirits. There's also Guinness on tap and regulars who look as if they've been coming here since the day it opened.

Caffè Rosso

Galerias Garrett, Rua Ivens 53–61 (entrance on Rua Garrett) ⓣ213 471 524. Daily 9am–2am. Relaxed courtyard bar in the shopping gallery, with seats under huge square canopies. It serves coffee and snacks, too, including pizzas and burgers, and there's a spacious downstairs room with modernist seats and lighting.

Heróis

Calçada do Sacramento 14. Mon–Sat 10pm–2am, Sun 5pm–2am. Popular gay bar with modern decor. It also serves light meals.

Irish Pub O'Gilins

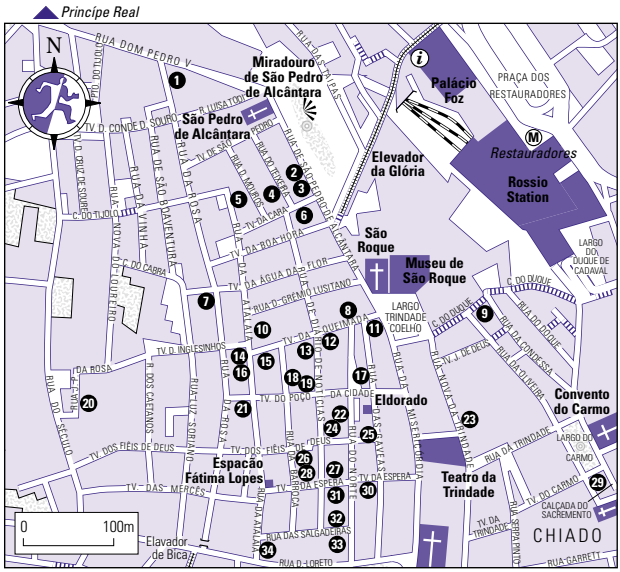
Rua dos Remolares 8–10 ⓣ213 421 899. Daily 11am–2am. The oldest and best of Lisbon's Irish bars, with a pleasant, light, burnished wood interior. There's live music from Thursday to Saturday, and English-language pub quizzes (mostly aimed at expats) on Sundays.

Jamaica

Rua Nova do Carvalho 8 ⓣ213 421 859. Mon–Thurs 11pm–4am, Fri & Sat 11pm–6am. Well-established club on a somewhat down-at-heel road full of tacky nightlife venues. This is definitely the best one, attracting a mixed bag of sailors, students, expats and trendies. Music is predominantly retro, with reggae on Tuesday nights.

The Bairro Alto

The Bairro Alto, the upper town, sits solidly on a flat hill west of the Baixa. After the 1755 earthquake this relatively unscathed district became the favoured residence of the aristocracy and the haunt of Lisbon's young bohemians. Home to the the Institute of Art and Design and various designer boutiques, it is still the city's most bohemian district. By day, the quarter's grid of narrow, seventeenth-century streets feel essentially residential, with grocery stores open to the pavement and children playing in the cobbled streets. After dark, however, the area throngs with drinkers, clubbers and



EATING & DRINKING

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diners visiting its famed fado houses, bars, restaurants and shops, and this is by far the best place in the city for a meal or evening out. The most lively nightlife can be found in the tight grid of streets to the west of Rua da Misericórdia, particularly after midnight in Rua do Norte, Rua Diário de Notícias, Rua da Atalaia and Rua da Rosa. Running steeply downhill towards São Bento, Rua do Século is one of the city's most historic streets; a sign at no. 89 marks the birthplace of the Marquês de Pombal.

▲ CONVENTO DO CARMO RUINS

Elevador da Glória

Daily 7am–1am. €1. Everyone should ride the Elevador da Glória at least once to experience one of the city's most amazing feats of engineering. From the bottom of Calçada da Glória (off Praça dos Restauradores, see p.75), funicular-like trams climb the gut-bustingly steep street in a couple of minutes, leaving the lower city behind as you ascend above its rooftops. Built in 1885, the tram system was originally powered by water displacement and then by steam, until electricity was introduced.

At the top of the Elevador da Glória, most people pause at the gardens, the **Miradouro de São Pedro de Alcântara**, from where there's a superb view across the city to the castle.

Igreja de São Roque

Largo de Trindade Coelha ⓣ213 235 000. Daily 8.30am–5pm. Free. The Igreja de São Roque stands in Largo Trindade Coelho, a square with a diminutive statue of a lottery seller. From the outside, this looks like the plainest church in the city, its bleak Renaissance facade having been further stripped of decoration by the earthquake.

But inside lies an astonishing succession of side chapels, lavishly crafted with azulejos, multicoloured marble and Baroque painted ceilings.

The highlight is the **Capela de São João Baptista**, estimated for its size to be the most expensive chapel ever constructed. It was ordered from Rome in 1742 by Dom João V to honour his patron saint and, more dubiously, to gratify the pope, whom he had persuaded to confer a patriarchate on Lisbon. Designed using the most costly materials available, including

ivory, agate, porphyry and lapis lazuli, it was erected at the Vatican for the pope to celebrate Mass in, before being dismantled and shipped to Lisbon at the then vast cost of £250,000. If you take a close look at the four "oil paintings" of John the Baptist's life, you'll find that they are in fact intricately worked mosaics. Today, the lapis lazuli and more valuable parts of the altar front are kept in the adjacent **museum** (May–Oct Tues–Sun 10am–5pm; Nov–April daily 10am–noon & 1–5pm; €2.50, free on Sun), which also displays sixteenth- to eighteenth-century paintings and the usual motley collection of church relics.

▲ LARGO DO CARMO

Convento do Carmo

Tues–Sun: April–Sept 10am–6pm; Oct–March 10am–5pm ☎213 460 473. €2.50, free on Sun. The pretty, enclosed Largo do Carmo holds the entrance to the ruined Gothic arches of the beautiful Convento do Carmo. Built between 1389 and 1423, and once the largest church in the city, it was half-destroyed by the 1755 earthquake but is perhaps even more striking as a result. In the nineteenth century its shell was adapted as a chemical factory but today it houses the splendidly capricious **Museu Arqueológico do Carmo**, home to many of the treasures from monasteries that were dissolved after the 1834 Liberal revolution. The entire nave is open to the elements, with columns, tombs and statuary scattered in all corners. Inside, on either side of what was the main altar, are the main exhibits, centring on a series of tombs. Largest is the beautifully carved, two-metre-high stone tomb of Ferdinand I; nearby, that of Gonçalo de Sousa, chancellor to Henry the Navigator, is topped by a statue of Gonçalo himself, his clasped arms holding a book to signify his learning. Other noteworthy pieces include sixteenth-century Hispano-Arabic azulejos, an Egyptian sarcophagus (793–619 BC), whose inhabitant's feet are just visible underneath the lid and, even more alarmingly, two pre-Columbian mummies which lie in glass cases, alongside the preserved heads of a couple of Peruvian Indians. Elsewhere there are arrowheads, prehistoric ceramics and coins dating back to the thirteenth century.

The Elevador de Santa Justa (see p.69) has its exit at the side of the Convento do Carmo – but this has been closed for structural works for some time.

Shops

Eldorado

Rua do Norte 23–25 ☎213 423 935. An interesting mixture of club-wear and second-hand cast-offs

alongside old records and CDs, aimed at Lisbon's young groovers. A good place to head for if you need a new wardrobe for a night out without breaking the bank.

Espaço Fátima Lopes

Rua da Atalaia 36 ☎213 240 540. One of the few large-scale shops in the Bairro Alto and flagship store for Lisbon's top designer. Her clothes are bold, colourful and confident, reflecting the current mood of many young Portuguese. She also runs a club in the basement, though seemingly only when she feels like it.

Cafés

Académica

Largo do Carmo 1–3 ☎213 469 092. Daily 7am–midnight. Outdoor tables on one of the city's nicest, quietest squares, outside the ruined Carmo church. Besides drinks and snacks, it also does light lunches; in summer, the grilled sardines are hard to beat.

▼ BAIRRO ALTO NEWSAGENTS

▲ STATUE, LARGO TRINDADE COELHO

Restaurants

1° de Maio

Rua da Atalaia 8 ☎213 426 840 Mon–Fri noon–3pm & 7–10.30 pm, Sat 7–10.30pm. Traditional *adega* (wine cellar) with a low, arched ceiling, art on the walls and pleasantly faded decor. There are some excellent dishes of the day and an array of sizzling grilled meat and fish dishes at moderate prices. Get there early to be sure of a table.

Águas do Bengo

Rua do Teixeira 1 ☎213 477 516. Tues–Sat 7.30pm–midnight. Owned by Angolan musician Waldemar Bastos, this African music bar-restaurant serves slightly pricey tropically inspired dishes, from grilled fish to chicken stewed with palm oil. If Waldemar is in town and in the mood, he'll grab his guitar and play a tune or two. Reservations advised.

Bota Alta

Trav. da Queimada 37 ⓣ213 427 959. Mon–Fri noon–4.30pm & 7–11pm, Sat 7pm–midnight. Old tavern decorated with old boots (*botas*) and an eclectic picture collection. It attracts queues for its vast portions of sensibly priced traditional Portuguese food – *bacalhau com natas* (cod cooked in cream) among other things – and jugs of local wine. The tables are crammed in and it's always packed; try to arrive before 8pm or book in advance.

Brasuca

Rua João Pereira da Rosa 7 ⓣ213 220 740. Daily noon–3pm & 7–10.30pm; closed Mon Nov–April. Well-established Brazilian restaurant in a great old building. Moderately priced dishes include *feijoada moqueca* (chicken and bean stew), *picanha* (slices of garlicky beef) and lots of other meaty choices. Reservations advised, unless you don't mind waiting for a table.

O Cantinho do Bem Estar

Rua do Norte 46. Daily 7–11pm. The decor borders on Portuguese kitsch, with ceramic chickens and over-the-top rural decor, but the "canteen of well-being" lives up to its name. Service is friendly and, from the menu, the rice dishes and generous salads are the best bet; the passable house wine is served in ceramic jugs.

Casa Trasmontana

Calçada. do Duque 39 ⓣ213 420 300.Daily noon–3pm & 7pm–2am. A different dish of the day – usually meat-orientated – is on offer in this tiny restaurant specializing in cuisine from the north of Portugal. It's one of the most authentic options on the steep steps heading down towards Rossio, though unlike most others on this stretch, there are no outdoor tables.

Cervejaria da Trindade

Rua Nova da Trindade 20 ⓣ213 423 506. Daily 9am–2am. The city's oldest beer-hall dates from 1836. At busy times you'll be shown to your table; at others, try and avoid the dull modern extensions and find space in the original vaulted hall, decorated with some of the city's loveliest azulejos depicting the elements and seasons. Shellfish is the

speciality, though the other fish and meat dishes are lighter on the wallet. There is also a patio garden and – a rarity – a children's menu; highchairs can be supplied.

Novo Bonsai

Rua da Rosa 248 ⓣ213 462 515. Mon–Sat 12.30–2pm & 7.30–10.30pm. Classy Japanese restaurant with low tables and silk screens. The long menu is

not bad value and the fresh ingredients are prepared at an open kitchen. There's superb fresh sushi, or go for the tempura, introduced to Japan by Portuguese explorers in the sixteenth century. Reservations advised.

Pap'Açorda

Rua da Atalaia 57–59 ☎213 464 811. Tues–Sat 12.30–2.30pm & 8–11pm. Renowned restaurant which attracts Lisbon's luvvies and fashionable elite to its chandelier-hung dining room, converted from an old bakery. *Açorda* – a sort of bread stew, seasoned with fresh coriander and a raw egg – is the house speciality, served with seafood. Reservations advised.

A Primavera do Jerónimo

Trav. da Espera 34 ☎213 420 477. Mon–Sat noon–3pm & 7–11pm. This tiny place neatly crams in a couple of dozen diners, a bar and a kitchen area, overseen by the owner and his daughter. Azulejos inscribed with Portuguese proverbs dot the walls, while the home-cooked Portuguese dishes are highly rated (as newspaper reviews on the walls testify). Portions aren't huge by local standards, but the crisp-like fried potatoes are a hit. Reservations advised.

Restaurante Calcuta

Rua do Norte 17 ☎213 428 295. Mon–Sat noon–3pm & 6.30–11pm. Very popular Indian restaurant attracting a youngish clientele. Lots of chicken, seafood and lamb curries, tandoori dishes, and good vegetarian options. Reservations advised.

Sinal Vermelho

Rua das Gáveas 89 ☎213 461 252. Daily 12.30–3pm & 7.30–11.30pm; closed July. Roomy, split-level *adega* (wine cellar) that's popular with Lisbon's moneyed young. Specialities include well-presented rabbit and liver dishes and there's an impressive wine list. You may have to wait in line if you don't book ahead.

Sul

Rua do Norte 13 ☎213 462 449. Tues–Sun noon–2am. Jazzy, split-level wine bar and restaurant. The upper level (weekend reservations advised) does interesting food from "o sul" (the south) – the Med and South America (from pasta to steaks) – while the lower level features a neat bar with classy wines and bar snacks.

Vá e Volte

Rua do Diário de Notícias 100 ☎213 427 888. Tues–Sun noon–2am. The small bar at the front opens into a friendly little family diner where the large plates of fried or grilled fish and meat served,

though nothing special, are reliably cooked, filling and moderately priced. There are outdoor tables in summer.

Bars and clubs

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Rua do Norte 117–119. Tues–Sat 7pm–3.30am. Laid back lounge bar with low, comfy seats, aboriginal art and ambient sounds; the TVs in the corner rather spoil the effect though.

Adega Machado

Rua do Norte 91 ⓣ213 224 640. Tues–Sun 8.30pm–3am. One of the longest-established Bairro Alto joints, as the faded photos on the wall attest, presenting fado from both Lisbon and Coimbra. A minimum charge of €16 builds to at least €20 a head if you sample the fine Portuguese cooking.

Adega Mesquita

Rua do Diário de Notícias 107 ⓣ213 219 280. Daily 8pm–1.30am. Another of the big Bairro Alto fado names, featuring better-than-average music and traditional dancing and singing. It packs in the tourists, although the food here is poor. Minimum consumption €16.

Adega do Ribatejo

Rua do Diário de Notícias 23 ⓣ213 468 343. Mon–Sat 7.30pm–12.30am. This great little *adega* is a favoured haunt for British artists Gilbert and George. It's popular with locals, too, who describe the fado here as "pure emotion". The singers include a couple of professionals, the manager and – best of all – the cooks. Also has one of the lowest minimum charges (around €10) and enjoyable, inexpensive food.

Arroz Doce

Rua da Atalaia 117–119 ⓣ213 462 601. Mon–Sat 6pm–4am. Nice, unpretentious bar in the middle of the frenetic Bairro Alto nightlife, with friendly owners; try "Auntie's" sangria, poured from a jug the size of a house.

Bar Ártis

Rua do Diário de Notícias 95 ⓣ213 424 795. Tues–Fri 8.30pm–2am, Sat & Sun 8.30pm–4am. A laid-back jazz bar with arty posters on the wall and marble table tops. It's popular with creative types, who usually spend a night here in animated conversation over a few bottles of its excellent *vinho*. Also does a fine range of snacks, like chicken *tostas* (toasted sandwiches).

Clube da Esquina

Rua da Barroca 30 ⓣ213 427 149. Daily 4.30pm–2am. Lively little corner bar with ancient radios on the walls and DJs spinning discs on a good, old-fashioned turntable. Attracts a young crowd enjoying vast measures of spirits.

Frágil

Rua da Atalaia 126 ⓣ213 469 578, ⓦwww.fragil.com. Daily 11pm–4am.

▼ BAIRRO ALTO STREET

▲ 89 RUA DO SECULO
BIRTHPLACE OF MARQUÊS DE POMBAL

This has long been one of Lisbon's most popular clubs, and it remains very lively, particularly from Thursday to Saturday, though it doesn't really get going until after 1am. It's partly gay, definitely pretentious and has a strict door policy (it helps if you're young and beautiful). Music is house and techno. You'll need to ring the bell to get in.

Harry's Bar

Rua de São Pedro de Alcântara 57–61 ☎213 460 760. Daily 10pm–6am. A tiny front-room bar, featuring waiter service, tasty bar snacks and fado sounds. It's frequented by an eclectic clientele, including slightly older luvvies from the nearby gay discos who pop in for late drinks. Ring the bell for admission.

Keops

Rua da Rosa 157–159 ☎213 428 773. Mon–Sat 10pm–3.30am. Friendly bar, playing everything from Moby to Madonna. The doors are thrown open to the street, while the candlelit interior enhances the laid-back atmosphere.

Lisbona

Rua da Atalaia 196 ☎213 471 412. Mon–Sat 7pm–2am. Earthy bar attracting its fair share of local characters and Bairro Alto trendies. Decor is basic – chequerboard tiles covered in soccer memorabilia, old film posters and graffiti – but there's catchy music and good beer.

Portas Largas

Rua da Atalaia 105 ☎218 466 379. Daily 8pm–2am. The bar's *portas largas* (big doors) are usually thrown wide open, inviting the neighbourhood into this friendly black-and-white-tiled *adega* (wine cellar). There are cheapish drinks, music from fado to pop, and a young, partly gay clientele, which spills onto the streets on warm evenings before hitting *Frágil*, just over the road.

Purex

Rua das Salgadeiras 28. Tues–Sun 11pm–4am. This small and friendly dance bar, popular with lesbians but not exclusively so, offers ambient music on Tuesdays and Wednesdays, and more upbeat sounds – guaranteed to fill the small dance floor – on Thursday to Sunday nights.

Restaurante Luso

Trav. da Queimada 10 ☎213 422 281. Mon–Sat 6pm–4am. A rather dark restaurant that packs in its customers for decent but very expensive food (served until midnight) and some interesting sounds. Portuguese folk dancing kicks things off at around 9pm, with fado from 11pm. Minimum consumption of around €16.

Sétimo Céu

Trav. da Espera 54 ☎213 466 471. Mon–Sat 10pm–2am. A real success story of recent years; now an

obligatory stop for gays and lesbians, who imbibe beers and *caipirinhas* served by the Brazilian owner. The great atmosphere spills out onto the street.

A Severa

Rua das Gáveas 51–61 ⓣ213 428 314. Mon–Wed & Fri–Sun 9.30pm–1am. A city institution, named after the nineteenth-century singer Maria Severa. The club attracts big fado names and equally big prices. Minimum consumption €18, more like €23 with food (served until midnight).

Solar do Vinho do Porto

Rua de São Pedro de Alcântara 45 ⓣ213 475 707, ⓦwww.ivp.pt. Mon–Sat 2pm–midnight. Firmly on the tourist circuit, the Port Wine Institute is set in the eighteenth-century Palácio Ludovice. The Institute, based in the northern city of Porto, regulates and promotes the production of port wine. It opened its Lisbon headquarters here in 1944 and now lures in visitors with over three hundred types of port, starting at around €1 a glass and rising to some €25 for a glass of 40-year-old JW Burmester. Drinks are served at low tables in a comfortable old eighteenth-century mansion. The waiters are notoriously snooty and the cheaper ports never seem to be in stock, but it's still a good place to kick off an evening.

O Tacão Grande

Trav. da Cara 3. Daily midnight–4am. For those into raw rock, free peanuts, inexpensive beer and lots of youthful company, this barn-like place is the one for you.

A Tasca Tequila Bar

Trav. da Queimada 13–15. Daily 11.30am–2am. Colourful Mexican bar which caters to a good-time crowd downing tequilas, margaritas and Brazilian *caipirinhas*.

Tertúlia

Rua do Diário de Notícias 60 ⓣ213 462 704. Mon–Thurs 8.30pm–3am, Fri & Sat 8.30pm–4am. Relaxed café-bar with inexpensive drinks, newspapers to browse, background jazz and varied art exhibitions that change every couple of weeks. There's a piano for customers, too, in case you get the urge to play.

Os Três Pastorinhos

Rua da Barroca 111 ⓣ213 464 301. Mon–Sat 9pm–4am. Welcoming music bar with great dance sounds (soul, reggae and Latin). It attracts a slightly oddball crowd and gets very busy at weekends.

▲CALÇADA DO TIJOLO

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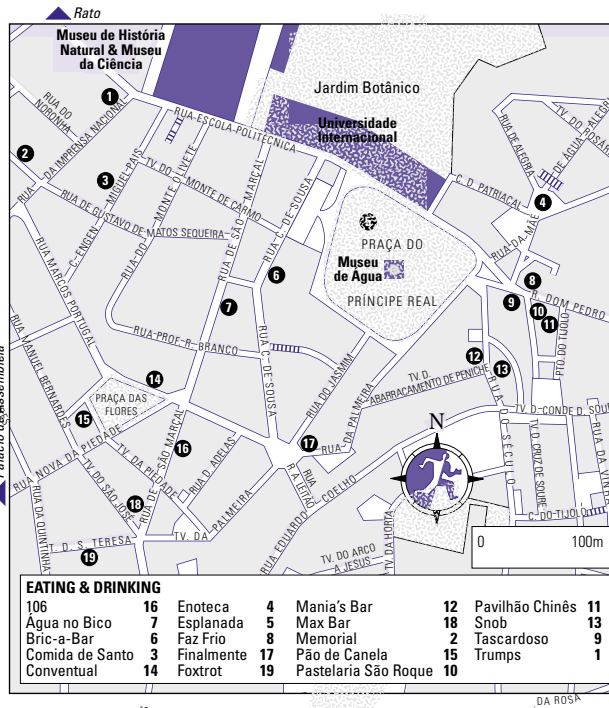
Praça do Príncipe Real and around

North of the tight Bairro Alto grid, the streets open out around the leafy Praça do Príncipe Real, one of the city's loveliest squares. Laid out in 1860 and surrounded by the ornate homes of former aristocrats – now largely turned into offices – the square is the focal point of Lisbon's best gay nightclubs, though by day it is largely populated by children in the local play park and old men playing cards under the trees. The square also shelters a surprising underground museum, and is a short walk from the well-hidden but extensive botanical gardens.

Museu da Água Príncipe Real

Mon–Sat 10am–6pm. €1.25. The square's central pond and fountain are built over a covered reservoir that houses the Museu da Água Príncipe Real. Steps



▲ PASTELARIA SÃO ROQUE

lead down inside the nineteenth-century reservoir, where you can admire eerie brick pillars and vaulted ceilings, part of a network of underground water supplies that link up with the Aqueduto das Águas Livres (see p.138). One of the tunnels from this reservoir heads down through what is now the *Enoteca* wine bar (see p.117). The museum also hosts occasional temporary art exhibits which you can admire from a series of walkways winding among the columns, usually accompanied by ambient music.

Museu da Ciência and Museu da História Natural

The museums of science and natural history are housed in the Neoclassical former technical college. The Museu da Ciência opposite (Mon–Fri 10am–1pm & 2–5pm, Sat 3–6pm; closed Aug; €2) has some absorbing geological exhibits and a low-tech interactive section where you can balance balls on jets of air and swing pendulums among throngs of school kids.

The Museu da Historia Natural opposite (Mon–Fri 10am–noon & 1–5pm; closed Aug; free), houses a rather dreary collection of stuffed animals, eggs and shells, though temporary exhibitions, can be more diverting.

Jardim Botânico

May–Oct Mon–Fri 9am–7pm, Sat & Sun 10am–8pm; Nov–April Mon–Fri 9am–6pm, Sat & Sun 10am–6pm. €1.50. The nineteenth-century botanical gardens are almost entirely invisible from the surrounding streets and provide a tranquil escape from the city bustle. The Portuguese explorers introduced many plant species to Europe and these gardens, laid out between 1858 and 1878, are packed with twenty thousand neatly labelled species from around the world. Steep, shady paths lead downhill under towering palms and luxuriant shrubs.

Cafés

Pão de Canela

Praça das Flores 27–28 ☎213 972 220. Mon–Fri 7.30am–8pm, Sat & Sun 8am–8pm. Tastefully modernized, tile-fronted café serving great pastries, soups and snacks. The outdoor terrace faces a children's play area on this lovely square.

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Pastelaria São Roque
Rua Dom Pedro V 57c ⓣ213 224 358. Daily 7am–7.30pm. Relaxed corner café-cum-bakery with a wonderfully ornate high ceiling, where you can have coffee and croissants or buy fresh bread.

Restaurants

Comida de Santo
Calçada Engenheiro Miguel Pais 39 ⓣ213 963 339. Daily 12.30–3.30pm & 7.30pm–1am. Rowdy, late-opening and pricey Brazilian restaurant serving cocktails and classic dishes such as *feijoada a brasileira* (Brazilian bean stew). Reservations advised.

Conventual
Praça das Flores ⓣ213 909 196. Tues–Fri 12.30–3.30pm & 7.30–11pm, Sat & Sun 7.30–11pm. Set in a former convent, and with an appropriately refined atmosphere, *Conventual* produces a range of top-quality dishes, starting with a flavour-packed *gaspacho*, followed by *gambas em caril* (prawn in curry sauce), *crepes de camarão* (shrimp crepes) or *perdiz estufada* (baked partridge). A good choice for a special night; reservations are advised.

Esplanada
Praça do Príncipe Real ⓣ962 311 669. Daily 8am–midnight. A good range of tapas, tortilla, quiches and rustic wholemeal sandwiches make this an ideal and inexpensive lunch spot. The outdoor tables set under the trees get snapped up quickly, though the glass pavilion comes into its own when the weather turns. It's also a popular gay haunt.

Faz Frio
Rua Dom Pedro V 96–98 ⓣ213 461 860. Daily 9am–midnight; usually closed late Aug to late Sept. A traditional restaurant, replete with coloured tiles and confessional-like cubicles. Huge portions of *bacalhau*, seafood paella and prawns in breadcrumbs are good value, as are a variety of dishes of the day. Though the service can be patchy, dinner reservations are advised, especially at the weekend.

▲ OUTSIDE TABLES CAFÉ IN PRÍNCIPE REAL

Tascardoso
Rua Dom Pedro V 137 ⓣ213 427 578. Mon–Fri noon–3pm & 7–10pm. Go through the stand-up bar and down the stairs to the tiny eating area for excellent and inexpensive tapas-style meats and cheeses and good-value hot dishes.

Bars and clubs

106
Rua São Marçal 106 ⓣ213 427 373. Daily 9pm–2am. Ring on the doorbell and you'll be given a quick look-over before being allowed into this friendly gay bar, which makes a good place to start the evening. Fridays often feature leather nights.

Bric-a-Brac Bar

Rua Cecílio de Sousa 82–84 ⓣ213 428 971. Daily 11pm–4am. On a steep road beyond Praça do Prinçipe Real, this cruisy gay disco has a large dance floor, "dark room" and various bars. Occasional strip and drag shows also feature.

Enoteca

Rua da Mãe de Agua ⓣ213 422 079. Tues–Sun 6pm–2am. This extraordinary wine bar is set in the bowels of a nineteenth-century bathhouse whose underground tunnels once piped water into Lisbon. The bar offers a long list of Portuguese wines, which you can enjoy with regional breads and assorted *petiscos* (snacks) at the tables set beside the cool stone walls. It gets busy at weekends so it's best to reserve if you want to eat, though you can always squeeze in for a drink or sit at one of the outside tables.

Finalmente

Rua da Palmeira 38. Daily midnight–4.30am. A first-class gay disco with lashings of kitsch, it is famed for its drag shows at 2am, featuring skimpily dressed young *senhoritas* camping it up to high-tech sounds. Entry is free, but there's a minimum drinks consumption of around €5.

Memorial

Rua Gustavo Matos Sequeira 42 ⓣ213 968 891. Tues–Sat 11pm–4am, Sun 4pm–8pm. A lesbian and bi club with floor shows some nights. Otherwise it's low key, with disco and "romantic" sounds.

Pavilhão Chinês

Rua Dom Pedro V 89 ⓣ213 424 729. Mon–Sat 6pm–2am, Sun 9pm–2am. Once a nineteenth-century tea and coffee merchants' shop, this is now a quirky bar, completely lined with mirrored cabinets containing a bizarre range of artefacts from around the world, including a cabinet of model trams. There is waiter service and the usual drinks are supplemented by a long list of exotic cocktails.

Snob

Rua do Século 178 ⓣ213 463 723. Daily 4.30pm–3am. Cosy if upmarket bar and restaurant, full of media types enjoying cocktails. It's a good late-night eating option for inexpensive steaks or light snacks.

Trumps

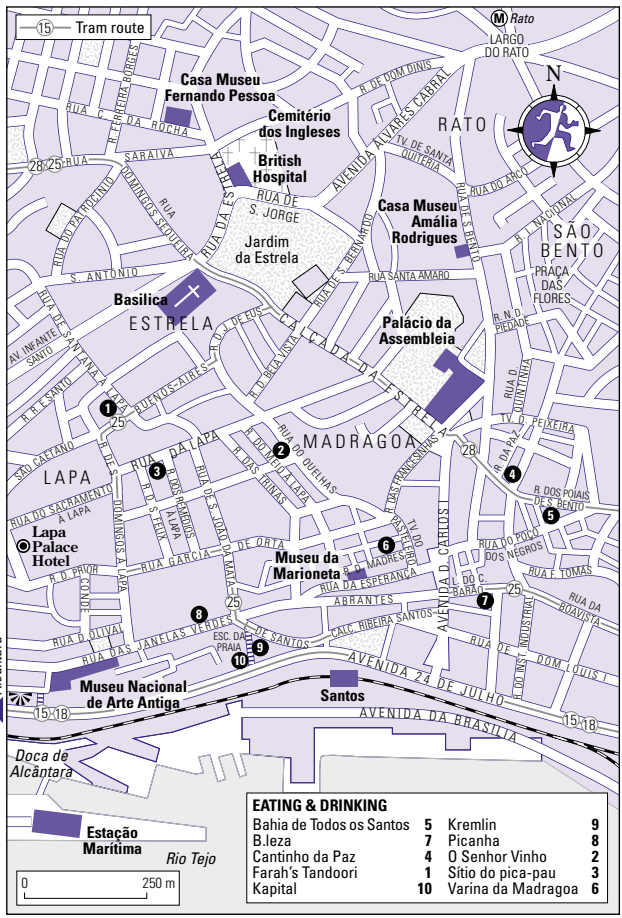
Rua da Imprensa Nacional 104b ⓣ213 971 059. Daily midnight–6am. Popular gay disco with a reasonably relaxed door policy. It's a bit cruisy during the middle of the week, and it gets packed from Thursday to Saturday, when there's also a good lesbian turnout. Drag shows are held on Wednesdays and Sundays. Admission is free, though there's sometimes a minimum consumption of €10 if the doorman doesn't like the look of you.

▲ COFFEE AND *PASTEL DE NATA*

118

São Bento, Estrela and Lapa

São Bento is home to the impressive Palácio da Assembléia – Portugal's parliamentary building. The area also houses some good ethnic restaurants and clubs, a legacy of the city's first black community – originally slaves, brought back by Portuguese maritime adventurers. Beyond São Bento is the leafy district of



Estrela, best known for its gardens and enormous basilica. To the south of this lies the opulent suburb of Lapa, Lisbon's diplomatic quarter, sheltering some of its top hotels. Sumptuous mansions and villas peer out majestically towards the Tejo down below, whilst grand embassy buildings and ambassador's residences line the Rua do Sacramento à Lapa. The Museu Nacional de Arte Antiga situated here is Portugal's national gallery, while down on the riverfront the busy and unglamorous Avenida 24 de Julho comes into its own after dark, with some of Lisbon's latest opening bars and clubs.

Palácio da Assembléia

The Neoclassical facade of the Palácio da Assembléia was originally that of the Mosteiro de São Bento, a Benedictine monastery, which the government took over in 1834 after the abolition of religious orders. Today it is the parliament building; you're not allowed inside unless by special arrangement (☎213 919 000), though you can get a good view of its steep white steps from tram #28 as it rattles along Calçada da Estrela.

Casa Museu Amália Rodrigues

Rua de São Bento 193. Tues–Sun 10am–1pm & 2–6pm. €2. The daughter of an Alfama orange-seller, Amália Rodrigues was the undisputed queen of fado music until her death in 1999, which instigated three days of national mourning. The house where she lived since the 1950s has been kept as it was, complete with posters of her career on stage and in the cinema.

Basílica and Jardim da Estrela

Daily 8.30am–noon & 3–8pm. Free. The impressive Basílica da Estrela is a vast monument to late-eighteenth-century Neoclassicism. Constructed by order of Queen Maria I (whose tomb lies within, and completed in 1790, its white dome can be seen from much of the city. Opposite is the Jardim da Estrela, one of the city's most enjoyable gardens; it is a quiet refuge with a pond-side café, a well-equipped children's playground and even a library kiosk for those who fancy absorbing a spot of Portuguese literature under the palms.

Cemitério dos Ingleses

The English Cemetery (ring loudly for entry) is actually a Protestant cemetery founded in 1717. Here, among the cypresses and tombs of various expatriates, lie the remains of Henry Fielding, author of *Tom Jones*, whose imminent demise

▼ MUSEU NACIONAL DE ARTE ANTIGA

▲ LAPA MANSION ON RUA DO SACREMENTO A LAPA

may have influenced his verdict on Lisbon as "the nastiest city in the world".

Casa Museu Fernando Pessoa

Rua Coelho da Rocha 16 ⓣ213 968 190. Mon–Wed & Fri 10am–6pm, Thurs 1–8pm. Free. This unassuming house is where Portugal's most celebrated modern writer, Fernando Pessoa, lived for the last fifteen years of his life. The heavily restored interior contains a few of Pessoa's personal belongings, including his diaries. There are also exhibitions of works by artists influenced by Pessoa, a library of his own works, and Almada Negreiros's famous painting of the writer, showing his distinctive spectacles (on display in the museum) and black hat.

Museu Nacional de Arte Antiga

Rua das Janelas Verdes 95, ⓦwww.mnarteantiga-ipmuseus.pt. Tues 2–6pm, Wed–Sun 10am–6pm. €3. Bus #40, #60, #27 or #49. The Museu Nacional de Arte Antiga features the largest collection of Portuguese fifteenth- and sixteenth-century paintings in the country, European art from the fourteenth century to the present day and a rich display of applied art showing the influence of Portugal's colonial explorations. Highlights include Nuno Gonçalves's altarpiece for Saint Vincent (1467–70), a brilliantly marshalled composition depicting Lisbon's patron saint receiving homage from all ranks of its citizens.

Other highlights include works by Josefa de Óbidos, considered one of Portugal's greatest women painters; Hieronymus Bosch's stunningly gruesome *Temptation of St Anthony* in room 57; an altar panel depicting the Resurrection by Raphael; Francisco de Zurbarán's *The Twelve Apostles* and a small statue of a nymph by Auguste Rodin.

The Oriental art collection shows the influence of Indian, African and Oriental designs derived from the trading links of the sixteenth century. There is inlaid furniture from Goa and a supremely satisfying series of late sixteenth-century Japanese namban screens (room 14), showing the Portuguese landing at Nagasaki. The Japanese saw the Portuguese traders as southern barbarians (*namban*) with large noses – hence their Pinocchio-like features. All of this is well displayed in a beautifully converted seventeenth-century palace, once owned by the Marquês de Pombal, with a café (same hours as museum) in attractive formal gardens overlooking the Tejo. The palace was built over the remains of the

Saint Albert monastery, most of which was razed during the 1755 earthquake, although its beautiful chapel can still be seen today.

Museu da Marioneta

Rua da Esperança 146 ⓣ213 942 810. Wed–Sun 10am–1pm & 2–6pm. €2.50 (children €1.50). Contemporary and historical puppets from around the world are displayed in this former convent and demonstrated in a well-organized museum with its own café. Highlights include shadow puppets from the east, paper marionettes and *Spitting Image*-style models from TV. There are also special demonstrations and workshops for children.

▲ TERRACE OF SÍTIO DO PICA-PAU

Cafés

Sítio do Pica-pau

Rua dos Remédios à Lapa 61 ⓣ213 978 267. Mon & Wed–Sun 8am–8pm. Tiny café right in the heart of Lapa, whose outdoor decking commands views over the rooftops and river.

Restaurants

Bahia de Todos os Santos

Rua do Poço dos Negros 64 ⓣ213 902 629. Daily noon–3pm & 8pm–midnight. Good-value Brazilian restaurant, serving *picanha* (thin slices of beef), chicken breasts with mustard sauce and giant mixed grills for two.

Cantinho da Paz

Rua da Paz 4 ⓣ213 969 698. Daily 12.30–2.30pm & 3.30–11pm. Simple Goan restaurant favoured by MPs from the parliament building; it's just off tram route #28, and reservations are advised since it's only small. There's shark soup, prawn curry and a few vegetarian options on offer, served in a homely little dining room overseen by an enthusiastic owner who can guide you through the well-priced menu.

Farah's Tandoori

Rua de Santana à Lapa 73. Mon & Wed–Sun noon–3pm & 7–10.30pm. One of Lisbon's more reliable Indian restaurants, especially good for vegetarians, who can choose from dishes like vegetable tikka masala, Bombay aloo and *palak paneer*. Meat dishes are also fragrant and delicious, and the owners speak English.

Picanha

Rua das Janelas Verdes 47 ⓣ213 975 401. Mon–Fri 12.45–3pm & 7.45–11.30pm, Sat & Sun 7.45–11.30pm. This ornately tiled restaurant specializes in *picanha*

accompanied by black-eyed beans, salad and potatoes. Great if this appeals to you, since for a fixed-price of €13.50 you can eat as much of the stuff as you want; otherwise forget it, as it's all that's on offer. Advance reservations advised.

▲ ESTRELA BASILICA AND TRAM #25

Varina da Madragoa

Rua das Madres 34 ⓣ213 965 533. Tues–Fri 12.45pm–3.30pm & 7.45–11.30pm, Sat 7.45–11.30pm. Once the haunt of Nobel Prize for Literature winner José Saramago, and it's easy to see why he liked it: a lovely, traditional restaurant with grape-embellished azulejos on the walls and a menu featuring superb Portuguese dishes such as *bacalhau*, grilled fish and meat.

Clubs

B.leza

Largo do Conde Barão 50 ⓣ213 963 735. Mon–Sat 11.30pm–4am. Live African music most nights in this wonderful sixteenth-century building, with space to dance in, tables to relax at, and Cape Verdean food.

Kapital

Avda 24 de Julho 68 ⓣ213 955 963. Mon & Sun 10.30pm–4am, Tues–Sat 10.30pm–6am. Long-established venue, with three sleekly designed floors full of bright young things buying expensive drinks and dancing to techno. It can be hard work getting past the style police on the door but there's a great rooftop terrace once you're in.

Kremlin

Escadinhas da Praia 5 ⓣ216 087 768. Tues–Thurs midnight–7am, Fri & Sat midnight–9am. A tough door policy, based on its reputation as one of the city's most fashionable nightspots, has put off many old-hand clubbers, though it's still packed with flash, young, raving Lisboetas. Best to come after 2am.

O Senhor Vinho

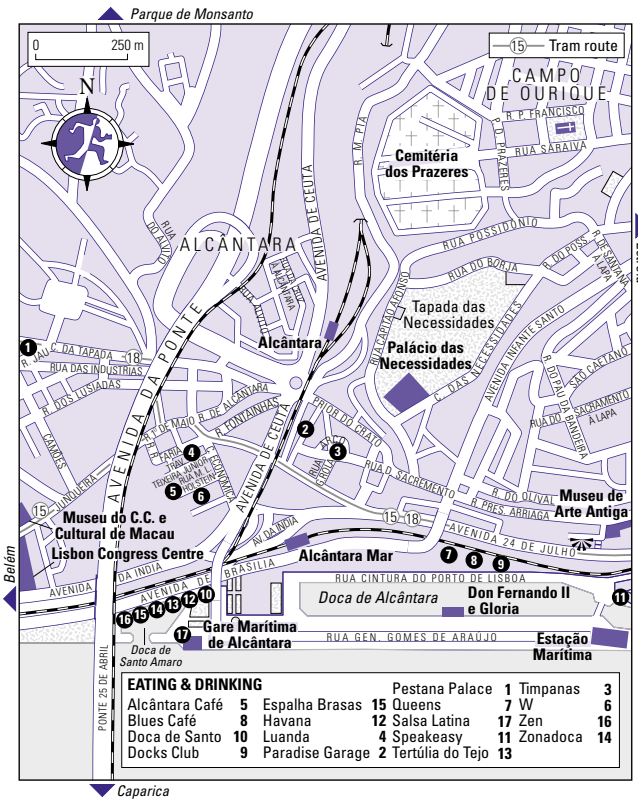
Rua do Meio à Lapa 18 ⓣ213 972 681. Mon–Sat 8.30pm–2.30am. In the fashionable Madragoa district where current fado diva Mariza grew up, this famous fado club has a relaxed atmosphere. It features some of the best singers in Portugal, which makes the €20 minimum charge (rising to around €40 with a meal) pretty reasonable. Reservations are advised.

Alcântara and the riverfront

Loomed over by the enormous Ponte 25 de Abril suspension bridge, Alcântara has a decidedly industrial hue, with a tangle of railway lines, flyovers and cranes from the docks dominating the skyline. Nevertheless, the area is well known for its nightlife, mainly thanks to its dockside warehouse conversions that shelter cafés, restaurants and clubs.

Doca de Alcântara

The Doca de Alcântara remains the city's main docks with an increasing number of luxury cruise ships calling daily (though the cruise terminal is due to move to Santa Apolónia). Since the mid-1990s,



the once run-down warehouses here have been transformed into an alternative nightclub zone. After dark, its boat-bars and restaurant-clubs come into their own, attracting an older, more moneyed crowd than those of the Bairro Alto. By day, the dock's main attraction is the **Don Fernando II e Glória** frigate (☎213 620 010; Tues–Sun 10am–5pm; €3), built in India in 1843 and now a ship museum showing what sea life was like in the mid-nineteenth century.

Doca de Santo Amaro

A better bet by day is to head west to the more intimate Doca de Santo Amaro, nestling right under the humming traffic and rattling trains crossing Ponte 25 de Abril. This small, almost completely enclosed dock is filled with bobbing sailing boats and lined with tastefully converted warehouses. Its international cafés and restaurants are more pricey than usual for Lisbon, but the constant comings and goings of the Tejo provides plenty of free entertainment. Leaving Doca de Santo Amaro at its western side, you can pick up a pleasant riverside path that leads all the way to Belém (see p.128), twenty minutes' walk away.

Ponte 25 de Abril

Resembling the Golden Gate bridge in San Francisco, the hugely impressive Ponte 25 de Abril was opened in 1966 as a vital link between Lisbon and the southern banks of the Tejo. Around 2.3km in length, the main bridge rises to 70m above the river, though its main pillars are nearly 200m tall. It was originally named Ponte de Salazar after the dictatorial prime minister who ruled Portugal with an iron fist from 1932 to 1968, but took its present name to mark the date of the revolution that overthrew Salazar's regime in 1974. You'll pass over it if you take a bus to Caparica or south of the Tejo (see p.172).

▲ FISHING BY THE PONTE 25 DE APRIL

Museu do Centro Científico e Cultural de Macau

Rua da Junqueira 30 ⓣ213 617 570. Tues–Sun 10am–5pm, Sun noon–6pm. €2.50. This attractively laid-out museum is dedicated to Portugal's trading links with the Orient and, specifically, its former colony of Macao, which was handed back to Chinese rule in 1999. There are model boats and audio displays detailing early sea voyages, as well as various historic journals and artefacts including a seventeenth-century portable wooden altar, used by travelling clergymen. Upstairs, exhibitions of Chinese art from the sixteenth to the nineteenth centuries show off ornate collections of porcelain, silverware and applied art, most notably an impressive array of opium pipes and ivory boxes.

Cafés

Zonadoca

Pavilhão 7a, Doca de Santo Amaro ⓣ213 972 010. Mon & Wed–Sun 12.30pm–3am. Worth a visit for its ice cream alone, though you can also enjoy coffee or alcoholic drinks at this friendly, family-oriented café (with life-sized models of Laurel and Hardy for company).

Restaurants

Alcântara Café

Rua Maria Luísa Holstein 15 ⓣ213 637 176. Daily 8pm–3am. Stunning if pricey designer bar-restaurant successfully blending industrial steel pillars with stylish decor. The food on offer includes prawns in lemon sauce, goat's cheese salad and an array of fish dishes. This is a place to be seen before moving on to the neighbouring clubs, hence the high prices (and advised reservations).

Espalha Brasas

Armazém 12, Doca de Santo Amaro ⓣ213 962 059. Mon–Sat noon–4am. Tapas and superb if expensive grilled meats can be enjoyed at outdoor riverside tables, or head for the bright upstairs room, which offers great views over the river.

Tertúlia do Tejo

Pavilhão 4, Doca de Santo Amaro ⓣ213 955 552. Daily 12.30–3pm & 7.30pm–midnight. Upmarket Portuguese restaurant, housed on three floors of a converted warehouse. There are evocative old photos of Portugal in the upstairs room and more intimate seating in the attic, plus fine river views throughout. The flavoured vodkas are a hit, too. Reservations advised.

Zen

Armazém 15, Doca de Santo Amaro ⓣ213 970 172. Tues–Fri 12.30–3pm & 7.30–11pm, Sat & Sun 7.30–11pm. Spacious, minimalist space serving a good range of mid-priced Japanese dishes, including sushi, sashimi and some great soups.

Bars and clubs

Blues Café

Rua da Cintura do Porto de Lisboa ⓣ213 957 085. Tues–Thurs 8pm–4am, Fri & Sat 8pm–5am. Lisbon's only blues club occupies a converted dockside warehouse. There's pricey Cajun food served in the restaurant (until 12.30am), live music on

▲ HARBOUR BAR IN DOCA DE ALCÂNTARA

Mondays and Thursdays, and club nights with the latest dance music on Fridays and Saturdays from 2.30am. Don't be put off by the advertised minimum consumption of €150, more of a ploy to put off the hoi polloi than a legal requirement.

Doca de Santo

Doca de Santo Amaro ⓣ213 963 535. Mon–Thurs 12.30pm–1am, Fri–Sun 12.30pm–4am. This palm-fringed club, bar and restaurant was one of the earliest places in the docks to attract – and then keep – a late-night clientele. The cocktail bar on the esplanade is the latest enticement, while the excellent and reasonable modern take on Portuguese food more than compensates for its position slightly away from the river.

Docks Club

Doca de Alcântara ⓣ213 950 856. Mon–Sat 10pm–6am. A thriving warehouse conversion funded by nightclub mogul Pedro Luz; most nights it's a dance temple for Lisbon's moneyed set, with sounds from Madonna to trance. Tuesday night is "Ladies' Night" with free drinks for women; Thursday night features Latin music.

Havana

Armazéns 5, Doca de Santo Amaro ⓣ213 979 893. Daily 12.30pm–4am. Cuban-themed bar-restaurant with wicker chairs, Latin sounds and salsa lessons on request, usually undertaken in the bar area. Also does moderately priced salads, toasted sandwiches and the like.

Luanda

Trav. Teixeira Júnior 6 ⓣ213 633 959. Mon, Wed, Thurs & Sun 10.30pm–4am, Fri & Sat 10.30pm–6am; Oct–April closed Mon–Wed. With a smart chrome and wood interior, this is one of the largest and most popular of Lisbon's African clubs. It's big with the Bairro Alto crowd, who like ending the night here.

Paradise Garage

Rua João de Oliveira Miguens 48 ⓣ213 544 452. Thurs–Sat 11.30pm–4am. Large, ultra-fashionable club on a tiny side road opposite Alcântara Terra station, offering various sounds from disco to garage. It is also becoming a major venue for visiting bands.

Pestana Palace Hotel

Rua Jau 54 ⓣ213 615 600, ⓦwww.pestana.com. Daily May–Sept 10am–10pm. Built in 1907 and set in UNESCO protected gardens, one of Lisbon's most beautiful hotels comes complete with its own poolside Chinese pavilion and sushi bar open to the public.

Queens

Rua Cintura do Porto de Lisboa, Armázem H, Naves A–B ⓣ213 955 870. Tues–Sat 10pm–6am. Pedro Luz launched this club as a "high-tech gay disco", but it has since successfully attracted a large following of beautiful people of all sexual persuasions. It's a huge, pulsating place – there's an excellent sound system – which can hold up to 2500 people. Tuesday night is "Ladies' Night" involving a male strip show; there are visiting DJs on other nights.

Salsa Latina

Gare Marítima de Alcântara ⓣ213 950 555. A riotous bar-restaurant (8pm–midnight) and club (8pm–6am), housed in a 1940s maritime station. There's salsa from Tuesday to Saturday (with lessons on Tuesday and Thursday) and music from a live band at the weekends. Alternatively, just come and admire the views from the riverside terrace.

Speakeasy

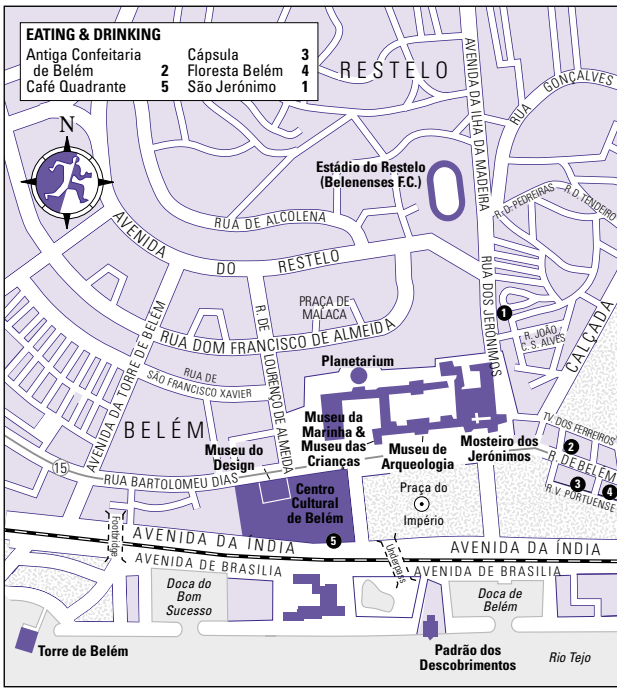
Armazém 115, Cais das Oficinas ⓣ213 957 308. Mon–Sat 10pm–4am. Docklands jazz bar and restaurant presenting a mixture of big and up-and-coming names, usually Tuesday to Thursday after 11pm.

Timpanas

Rua Gilberto Rola 24 ⓣ213 906 655. Mon, Tues & Thurs–Sun 8.30pm–2am. One of Lisbon's most authentic fado clubs, with decent food and a minimum charge of €10.

Belém

Belém (pronounced ber-layng) is one of the most popular suburbs of Lisbon thanks to its maritime history and attractive riverside location. It was from Belém that Vasco da Gama set sail for India in 1497; he returned with a cargo of pepper which was enough to pay for his voyage sixty times over. The monastery subsequently built here – the Mosteiro dos Jerónimos – stands as a testament to his triumphant discovery of a sea route to the Orient, which initiated the beginning of a Portuguese golden age. Along with the monastery and landmark Torre de Belém, the suburb boasts a group of small museums, most of them set up by Salazar during the wartime (1940) Expo, though the best of the lot, the Museu do Design, opened in 1999. Just to the north of Belém is Ajuda, famed for its half-built palace and ancient botanical gardens. Higher still lies the extensive parkland of Monsanto, Lisbon's largest green space.

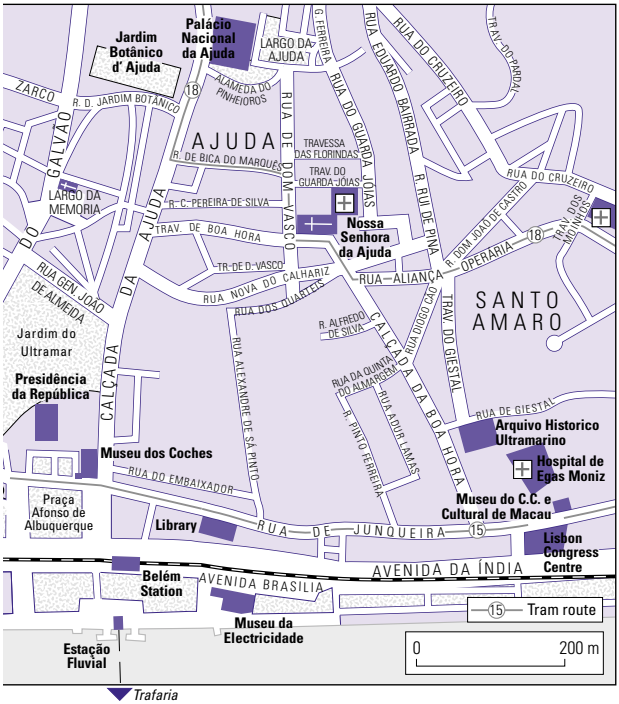


▲ BELÉM FERRY TERMINAL

Mosteiro dos Jerónimos

Praça do Império ☎ 213 620 034, ⓦ www.mosteirojeronimos.pt. Daily: June–Sept 10am–6.30pm; Oct–May 10am–5pm; restricted access on Sat mornings and during Mass. Free. A UNESCO World Heritage site, the Mosteiro dos Jerónimos is Portugal's most successful achievement of Manueline architecture. Construction begun in 1502, after Dom Manuel made a vow to the Virgin that he would build a monastery should Vasco da Gama return successfully from his trip to India.

The daring of the monastery's design is largely the achievement of Diogo de Boitaca, perhaps the originator of the Manueline style, and João



▲ CENTRO CULTURAL DE BELÉM

de Castilho, a Spaniard who took charge of construction from around 1517. Castilho designed the main entrance to the church, a complex hierarchy of figures clustered around Henry the Navigator (on a pedestal above the arch). Appropriately, just inside the entrance lie the stone tombs of Vasco da Gama (1468–1523) and the great poet and recorder of the discoveries, Luís de Camões (1527–70).

The breathtaking sense of space inside the church places it among the great triumphs of European Gothic, though Manueline developments add fresh dimensions. There are deliberate tensions between the grand spatial design and the areas of intensely detailed ornamentation. It's difficult to see the six central columns as anything other than palm trunks, growing both into and from the branches of the delicate rib-vaulting.

Vaulted throughout and fantastically embellished, the **cloisters** (€3, free on Sun 10am–2pm) form one of the most original pieces of architecture in the country. The rounded corner canopies and delicate twisting divisions within each of the arches lend a wave-like, rhythmic motion to the whole structure, a conceit extended by the typically Manueline motifs drawn from ropes, anchors and the sea.

Museu de Arqueologia

Praça do Império ☎213 620 000. Tues 2–6pm, Wed–Sun 10am–6pm. €3, free on Sun 10am–2pm. Housed in a Neo-Manueline extension to the monastery added in 1850, the archaeology museum has a small section on Egyptian antiquities, but concentrates on Portuguese archeological finds. It's a sparse collection reprieved by a few fine Roman mosaics unearthed in the Algarve, though its temporary exhibits can be rewarding.

Museu da Marinha

Praça do Império ☎213 620 019. ⓦ www.museumarinha.pt. Tues–Sun: April–Sept 10am–6pm; Oct–March 10am–5pm. €3. In the west wing of the monastery extension is an absorbing maritime museum, packed not only with models of ships, naval uniforms and artefacts from Portugal's oriental trade and colonies, but also with real vessels – among them fishing boats and sumptuous state barges, early seaplanes and some ancient fire engines.

Museu das Crianças

Praça do Império ⓣ213 622 828, ⓦwww.museu-das-criancas.com. Tues–Sun: April–Sept 11am–6pm; Oct–March 11am–5pm. €4.50, children €4.25 (includes entry to Museu da Marinha). The innovative Museu das Crianças (Children's Museum) lies on the upper floors of the marine museum – a delightfully low-tech space designed to help children understand and confront their fears. Kids can have fun while learning to cope in the dark, escape from enclosed spaces, touch strange objects and deal with other potentially scary situations.

Praça do Império

The formal gardens and walkways that make up Praça do Império are laid out over Belém's former beach, and soak up with ease the hundreds of daily visitors to Belém. It's especially busy on Saturday mornings, when there seems to be an endless procession of flamboyant weddings at the monastery, whose photo-calls invariably spill out into the square. The attractive seventeenth-century buildings along Rua Vieira Portuense are now mostly restaurants with outdoor seating; as a rule, the further east you head, the less touristy they become.

Centro Cultural de Belém

Praça do Império ⓣ213 612 400, ⓦwww.ccb.pt. The modern, pink marble Centro Cultural de Belém was built to host Lisbon's 1992 presidency of the European Union. It's now one of the city's main cultural centres, containing a design museum and hosting regular photography and art exhibitions, as well as concerts and shows.

Museu do Design

Praça do Império ⓣ213 612 400. Daily 11am–8pm (last entry at 7.15pm). €3. Housed in the rather soulless rooms of the Centro Cultural's Exhibition Centre, the Museu do Design (Design Museum) is the first in the city dedicated to contemporary household design and is already touted as being one of the most important in Europe. The collection contains over six hundred design classics embracing furniture, glass and jewellery from 1937 to the present day and is so big that exhibits are rotated, though the

▲ MUSEU DA ELECTRICIDADE

most important items usually remain on display. These are shown chronologically in three sections entitled "Luxo" (Luxury), "Pop" and "Cool". "Luxo" contains one-off luxury and, later, industrially produced designs from the 1930s to the 1950s, including classic fibreglass chairs from Charles and Ray Eames, and Marshmallow and Coconut chairs by the American George Nelson. "Pop" features fun designs from the 1960s and 1970s, including bean-bags, kitsch moulded plastic furniture and an amazing Joe Colombo Mino Kitchen, designed in 1963. "Cool" contains work from the 1980s and 1990s, including the Memphis Group's Tawaraya bed, Phillipe Starck's chair and the works of established Portuguese designers such as Tomás Tavira and Alvara Siza Vieria.

▲ BELÉM FERRY TERMINAL SIGN

Padrão dos Descobrimentos

Avenida de Brasília ☎213 016 228. Tues–Sun: June–Sept 9am–6.30pm; Nov–May 9am–5pm. €2. Reached via an underpass beneath the Avenida da Índia and railway line, the Padrão dos Descobrimentos (**Monument to the Discoveries**) is an angular slab of concrete erected in 1960 to commemorate the five-hundredth anniversary of the death of Henry the Navigator. An impressive statue of Henry appears on the prow along with that of Luís de Camões and other Portuguese heroes. Within the monument is a small exhibition space, with interesting temporary exhibits on the city's history – the entrance fee also includes a ride in the lift to the top for some fine views of the Tejo and the Torre de Belém. Just in front of the monument tourists pose on the marble pavement decorated with a map of the world charting the routes taken by Portuguese explorers.

Torre de Belém

☎213 620 034. Tues–Sun: June–Sept 10am–6.30pm; Oct–May 10am–5pm. €3. The Torre de Belém lies

500m west of the monastery; if you don't fancy the walk, take the **toy train** (roughly every 30min May–Sept daily; €3) from in front of the monastery. The tower was built over the last five years of Dom Manuel's reign (1515–20) to defend the mouth of the Tejo – before an earthquake shifted its course in 1777, it stood near the middle of the great river. It is the one completely Manueline building in Portugal (the rest having been adaptations of earlier structures or completed in later years) and has become the favoured symbol used to promote Lisbon by the Portuguese Tourist Board.

Its Moorish influence is clear in the delicately arched windows and balconies. Prominent also in the decoration are two great symbols of the age: Manuel's personal badge of an armillary sphere (representing the globe); and the cross of the military Order of Christ, once the Templars, who took a major role in all Portuguese conquests. There are good views from the top, though the interior is unremarkable to look at. However, it is easy to imagine what it was like in the nineteenth century when it was used as a prison, notoriously by Dom Miguel (1828–34), who kept political enemies in the waterlogged dungeons.

Jardim do Ultramar

Entrance on Calçada do Galvão. Daily 10am–5pm. Free. The leafy Jardim do Ultramar is a green oasis with hothouses, ponds and towering palms. In the southeastern corner of the gardens lies the Portuguese President's official residence, the pink Presidência da República.

Estádio do Restelo

Avenida do Restelo ⓣ213 010 461, ⓦwww.cfbelenenses.pt. The attractively sited Estádio do Restelo is home to Belenenses soccer club, Lisbon's third team. Belenenses has won just one league title, back in 1946, but the stadium offers such picturesque views over the river that the soccer action is almost insignificant; nevertheless, top teams frequently visit.

▼ PADRÃO DOS DESCOBRIMENTOS

Museu dos Coches

Praça Afonso de Albuquerque ⓣ213 610 850. Tues–Sun 10am–5.30pm. €3. Housed in the attractive former royal riding school, the Museu dos Coches (coach museum) was opened in 1905 on the initiative of the queen, Dona Amélia, and contains one of the largest collections of carriages and saddlery in the world. However, the interminable line of royal coaches – Baroque, heavily gilded and sometimes beautifully painted – hardly explains the museum's claim to be one of the most visited tourist attractions in Lisbon.

Museu da Electricidade

Avenida de Brasília ⓣ213 425 401. Tues–Fri & Sun 10am–12.30pm & 2–5.30pm, Sat 10am–12.30pm & 2–8pm. €2. The extraordinary redbrick Museu da Electricidade (electricity/industrial museum) is housed in an early twentieth-century electricity generating station with cathedral-like windows. The highlights include a series of enormous generators, steam turbines and winches – resembling a set from the science-fiction film *Brazil*. It is a highly atmospheric place and hosts occasional art and technology exhibitions. From in front of the museum, it is possible to walk the 1.5km along the lawned riverside all the way to the Doca de Santo Amaro one way, or the 1km to central Belém the other way.

Palácio da Ajuda

Largo da Ajuda ⓣ213 637 095. Mon, Tues & Thurs–Sun 10am–5pm. €3, free on Sun 10am–2pm. Construction of the hillside Palácio da Ajuda began in 1802, but was incomplete when João VI and the royal family fled to Brazil to escape Napoleon's invading army in 1807. The original plans were therefore never fulfilled, though the completed section was used as a royal residence after João returned from exile in 1821. The surviving decor was commissioned by the crashingly tasteless nineteenth-century royals, Dona Maria II (João's granddaughter) and Dom Ferdinand (1834–18) and is all over-the-top aristocratic clutter. The highly ornate banqueting hall, however, is impressive, as is the lift, decked out with mahogany and mirrors. The palace is also occasionally used for concerts.

Jardim Botânico d'Ajuda

Entrance on Rua do Jardim. Mon, Tues & Thurs–Sun 9am–dusk. €1.50. Opposite the palace lies one of the city's oldest botanical gardens. Laid out in 1768 by an Italian botanist, it was substantially restored in the 1990s. The garden is divided into eight parts representing plant species from around the world, all arranged around a system of terraces, statues and fountains – a fine example of formal Portuguese gardening – and boasting some great views over Belém.

Parque Florestal de Monsanto

Bus #43. The extensive, wooded hillside Parque Florestal de Monsanto – home to the city's main campsite – is known as Lisbon's lungs, but its main attraction was for prostitutes and their clients until the Mayor of Lisbon bought a house nearby in 2003. Suddenly the park has been given a new lease of life:

hookers have been replaced by horse-and-trap rides to its splendid viewpoints, and at weekends in summer the whole area is completely traffic free. Summer concerts are laid on most weekends, usually free of charge.

Cafés

Antiga Confeitaria de Belém

Rua de Belém 90 ☎213 637 423. Daily 8am–midnight. No visit to Belém is complete without a coffee and hot *pastel de nata* (custard-cream tart) liberally sprinkled with *canela* (cinnamon) in this cavernous tiled pastry shop and café, which has been serving them up since 1837. The place positively heaves especially at weekends, but there's usually space to sit down in its warren of rooms.

Café Quadrante

Centro Cultural de Belém ☎213 612 400. Daily 10am–10pm. Part of the Belém Cultural Centre, offering good-value self-service food from two counters. The best place to enjoy its coffee and snacks is on the outdoor terrace by the roof gardens, overlooking the bridge, river and Monument to the Discoveries. It's so popular with students that they are forbidden from studying here at mealtimes.

Restaurants

Cápsula

Rua Vieira Portuense 74 ☎213 648 768. Mon noon–3pm, Wed–Sun noon–3pm & 7–11pm. One of the many places in this pretty row of buildings facing the greenery of Praça do Império. This has a tiled interior, upstairs seating and outside tables catering for tourists tucking in to tuna steaks, trout and the like at good-value prices.

Floresta Belém

Praça Afonso de Albuquerque 1. Mon–Fri & Sun 9am–4pm & 6.30pm–midnight. On the corner with Rua Vieira Portuense, this is one of the best-value places on this stretch, attracting a largely Portuguese clientele, especially for lunch at the weekend. Great salads, grills and fresh fish, served inside or on a sunny outdoor terrace.

▲ RESTAURANTS AND HOUSE FRONTS IN RUA VIEIRA PORTUENSE

São Jerónimo

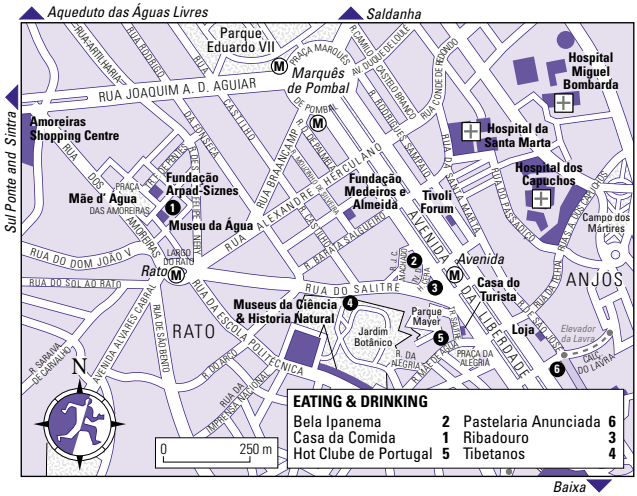
Rua dos Jerónimos 12 ☎213 648 797. Mon–Fri & Sun 12.30–3pm & 7.30–10pm. Rustic-style dining by the side of the monastery. The fish is excellent, and the speciality is *migas*, a garlicky bread sauce from the Alentejo region served with moderately priced meat or fish. This is tour-bus territory, so advance reservations are advised.

Avenida da Liberdade and around

Despite the traffic, the grand, palm-lined Avenida da Liberdade is still much as Fernando Pessoa described it: "the finest artery in Lisbon . . . full of trees from beginning to end . . . small gardens, ponds, fountains, cascades and statues". The 1.3-kilometre-long avenue, together with its exclusive side streets, was once home to many of Lisbon's grandest figures, including António Medeiros, an art collector whose works are now displayed in a fine town-house museum. On the western side of the avenue it's a short walk to two contrasting destinations: Lisbon's brashest modern building, the Amoreiras shopping centre; and the historic Praça das Amoreiras, the finishing point of the massive Aqueduto das Águas Livres, whose arches tower over the beguiling artworks contained within the Fundação Arpad Siznes-Viera da Silva.

Avenida da Liberdade

Avenida da Liberdade was laid out as a public walkway in 1882 and remains the city's main central avenue, with appealing outdoor cafés under the shade of trees that help cushion the roar of the passing traffic. Some of the avenue's original nineteenth-century mansions remain, though most have been replaced by modern



buildings. The upper end of the avenue houses many of the city's designer shops and airline offices, and ends in a swirl of traffic at the landmark roundabout of Praça Marquês de Pombal, also known as Rotunda. A tunnel from east to west should help ease some of the roundabout's traffic, though the works will cause extra congestion through 2004.

On the east side of the avenida, the rundown **Parque Mayer** – a collection of theatres – is due to be given a makeover into a new cultural zone, with the help of Frank Gehry, architect of the Guggenheim in Bilbao.

Elevador do Lavra

Mon–Sat 7am–10.45pm, Sun 9am–10.45pm. €1. Starting at the little Largo da Anunciada, the Elevador do Lavra funicular opened in 1882 and is Lisbon's least tourist-frequented *elevador*. Take a ride to the top of the precipitous Calçada do Lavra, where a brief detour to the left, on Travessa do Torel, takes you to **Jardim do Torel**, a tiny park offering exhilarating views over Lisbon.

Fundação Medeiros e Almeida

Rua Rosa Araújo 41 ☎213 547 892. Mon–Sat 1–5.30pm. €5. The Fundação Medeiros e Almeida was the home of philanthropist and art collector António Medeiros until his death in 1986, and today serves as a showcase for his priceless series of artefacts, including 2000-year old Chinese porcelain, an important collection of sixteenth- to nineteenth-century watches, and English and Portuguese silverware. Other highlights include glorious eighteenth-century azulejos in the Sala de Lago, a room complete with full-sized water fountains; and a rare seventeenth-century night clock, made for Queen Catherine of Bragança and mentioned by Samuel Pepys in his diary.

Fundação Arpad Siznes-Viera da Silva

Praça das Amoreiras ☎213 880 044. Mon & Wed–Sat noon–8pm, Sun 10am–6pm. €2.50. Set in a former eighteenth-century silk factory, the Fundação Arpad Siznes-

▼ OUTDOOR CAFÉ, AVENIDA DA LIBERADE

▲ FUNDACÃO ARPAD SIZNES – VIERA DA SILVA

Viera da Silva is a gallery dedicated to the works of two painters and the artists who have been influenced by them. Arpad Siznes (1897–1985) was a Hungarian-born artist and friend of Henri Matisse and Pierre Bonnard, amongst others. In 1928, while working as a caricaturist in Paris, he met the Portuguese artist Maria Helena Viera da Silva (1908–92), whose work was influenced by the surrealism of Joan Miró and Max Ernst, both of whom she knew. Siznes and Viera da Silva married in 1930 and, in 1936, both exhibited in Lisbon, where they briefly lived, before they eventually settled in France and took French nationality. The foundation shows the development of both the artists' works, with Viera da Silva's more abstract, subdued paintings contrasting with the more flamboyant Siznes, some of whose paintings show the clear influence of Miró.

Praça das Amoreiras

One of Lisbon's most historic squares, the tranquil Praça das Amoreiras – complete with a handy kiosk café (closed Sat) and kids' play area – is dominated on its western side by the final section of the **Aqueduto das Águas Livres** (Free Waters Aqueduct), with a chapel wedged into its arches. The aqueduct was opened in 1748, bringing reliable drinking water to the city for the first time, and the entire structure stretches some 60km, mostly underground – although sections of it can be seen on either side of the tracks on the train line to Sintra. To walk on the aqueduct itself, you need to head to Campolide, around 1km to the northwest (see below).

On the south side of Praça das Amoreiras, the **Mãe d'Água** cistern (☎218 135 522; Mon–Sat 10am–6pm; €1.80) marks the end of the line for the aqueduct before it was stored and distributed round the city. Built between 1746 and 1834, the interior holds a reservoir contained in a huge, cathedral-like stone building. The chunky, castellated structure nowadays hosts occasional exhibitions, many of them on its terrace.

Aqueduto das Águas Livres

Entrance on Calçada da Quintinha 6 ☎218 100 215. March–Nov daily 10am–6pm. €2.50. Bus #58. Entered off a quiet residential street through a small park in Campolide, 1km north of Praça das Amoreiras, you can walk

right over the central section of Lisbon's towering aqueduct (see above), a dizzy hike not recommended to vertigo sufferers. Reassuringly, the structure stood firm during the 1755 earthquake, though it later gained a more notorious reputation thanks to one Diogo Alves, a nineteenth-century serial killer who threw his victims off the top – a seventy-metre drop.

Shops

Amoreiras

Entrance on Avenida Engenheiro Duarte Pacheco ⓣ213 810 200. Daily 10am–midnight. Bus #11 or #58. Amoreiras, Lisbon's eye-catching, post-modern shopping centre, is visible on the city skyline from almost any approach. The complex, built in 1985 and designed by Tomás Taveira, is Portugal's most entertaining modern building: a wild fantasy of pink and blue, sheltering ten cinemas, sixty cafés and restaurants, 250 shops and a hotel. Most of the shops here stay open until midnight, seven days a week; Sunday sees the heaviest human traffic, with entire families descending for an afternoon out.

Casa do Turista

Avda da Liberdade 159 ⓣ213 151 558. Crammed with regional arts, crafts, ceramics and T-shirts, this tourist gift shop is not too pricey and there's some good stuff amongst the tack, including some fine toy trams.

Loja

Rua de São José 21. Unnamed workshop producing delightful hand-painted tiles, including contemporary designs and traditional looks. Small tiles start at about €2.50 each.

Tivoli Forum

Avda da Liberdade. Flash marble-fronted shopping emporium sheltering the likes of DKNY, French Connection and Adolfo Dominguez. Also has a supermarket, cafés and a juice bar.

▲ AMOREIRAS SHOPPING CENTRE

Cafés

Bela Ipanema

Avda da Liberdade 169 ⓣ213 572 316. Mon–Sat 6am–2am. Bustling café by the São Jorge cinema, where a steady stream of locals pops in for snacks, beers and coffees at the bar or in its small dining area; outdoor tables face the avenue.

Pastelaria Anunciada

Largo da Anunciada. Mon–Wed, Fri & Sat 8am–10pm. Beautifully tiled *pastelaria* at the foot of the Elevador do Lavra, its windows stuffed full of sweets and bottles of port.

Restaurants

Casa da Comida

Trav. das Amoreiras 1 ⓣ213 885 376. Mon & Sat 8pm–midnight, Tues–Fri 1–3pm & 8pm–midnight. One of the city's top restaurants, housed in an old mansion and sporting an outdoor patio. The menu is particularly strong on fish – *tamboril com molho de limão e alho frances* (monkfish with leeks and lemon sauce) and *crepes de camarão* (shrimp crepes) are highlights – or there are meat choices like *pato com azeitonas and perdiz* (duck with olives and partridge). Meals cost a good €30 and upwards. Reservations advised.

Ribadouro

Avda da Liberdade 155 ⓣ213 549 411. Daily noon–1am. The *avenida*'s best *cervejaria*, serving a decent range of moderately priced grilled meats and more pricey shellfish (but no fish). If you don't fancy a full meal, take a seat at the bar and order a beer with a plate of prawns. Best to book for the restaurant, especially at weekends.

Tibetanos

Rua do Salitre 117 ⓣ213 142 038. Mon–Fri noon–2pm & 7.30–9.30pm. Run by a Buddhist Centre, this stripped-pine restaurant has superb and unusual moderately priced veggie food, including vegetarian paella. It gets full at lunchtimes in particular, so get there early and grab a table or call ahead.

Clubs

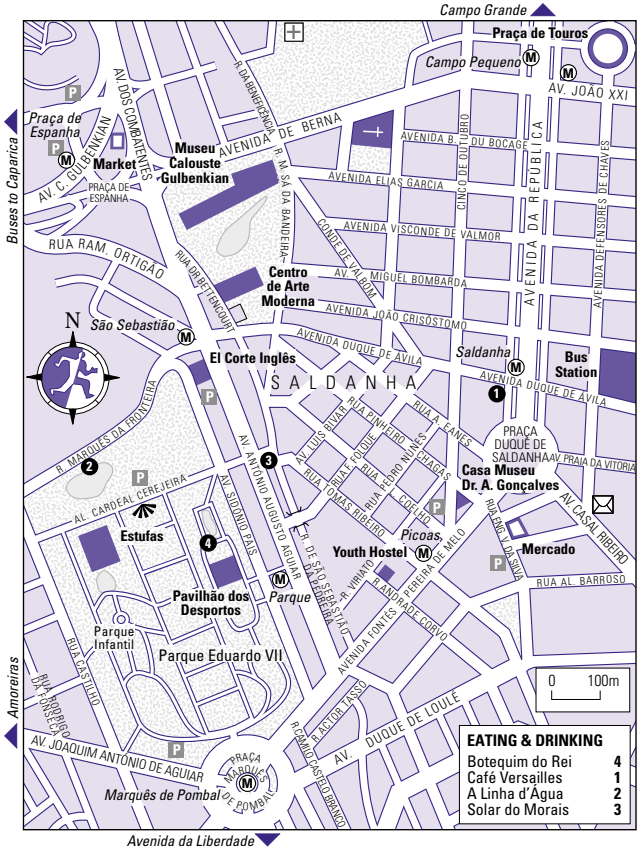
Hot Clube de Portugal

Praça da Alegria 39 ⓣ213 621 740. Tues–Sat 10pm–2am. The city's best jazz venue, in a tiny basement club hosting local and visiting artists. It's appropriately named, as it can get very steamy in summer, but there's a tiny courtyard to escape to if things get too hot.

▲ PASTELARIA ANUNCIADA

Parque Eduardo VII and the Gulbenkian

Rising on a hill to the north of the centre, Parque Eduardo VII is the city's principal park, best known for its views and estufas, or hothouses. Northwest of here, everyone should make the effort to visit the Fundação Calouste Gulbenkian, Portugal's premier cultural centre, which sits in its own extensive grounds. This combines one of Europe's richest art collections, on display in the Museu Gulbenkian, with Portuguese contemporary art shown in the Centro de Arte Moderna. Art-lovers have a



futher attraction to the east in the Saldanha district, where you can view the paintings and objets in the Casa Museu Dr Anastácio Gonçalves.

▲ ROTUNDA ROUNDABOUT

Parque Eduardo VII

The steep, formally laid-out Parque Eduardo VII was named after Britain's Edward VII, who visited the city in 1903. Its main building is the ornately tiled Pavilhão dos Desportos (sports pavilion), which doubles as a venue for occasional concerts and cultural events. North of here, two concrete poles and a modern memorial to the earthquake mark a viewing platform with commanding views over Lisbon. In summer, the platform is usually capped by a temporary ferris wheel. Another highlight if you have children is a superb Parque Infantil (open daily; free), a play area built round a mock galleon.

Two huge, rambling **estufas** (daily: April–Sept 9am–5.30pm; Oct–March 9am–4.30pm; €1.50) lie close by, both filled with tropical plants, pools and endless varieties of palms and cacti. Of the two, the Estufa Quente, the hothouse, has the more exotic plants; the Estufa Fria, the coldhouse, hosts concerts and exhibitions.

Finally, the northern reaches of the park, named after fado singer Amália Rodrigues, contain an appealing grassy hillock complete with its own olive grove and another shallow lake, which kids splash about in during the heat of the day.

Fundação Calouste Gulbenkian

ⓣ 217 823 000, ⓦ www.gulbenkian.pt.

The Fundação Calouste Gulbenkian was set up by the Armenian oil magnate Calouste Gulbenkian (1869–1955), whose legendary art-market coups included the acquisition of works from the Hermitage in St Petersburg following the Russian Revolution. Today the Gulbenkian Foundation has a multi-million dollar budget sufficient to run an orchestra, three concert halls and an open-air amphitheatre in this complex alone. It also finances

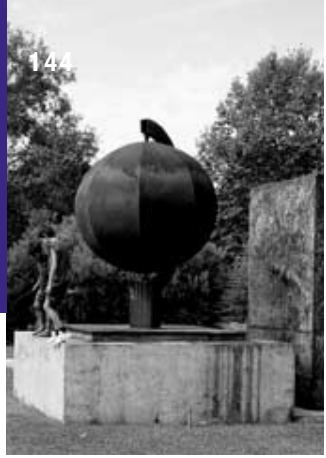
work in all spheres of Portuguese cultural life.

Museu Calouste Gulbenkian

Entrance on Avenida de Berna ⓣ217 823 000, ⓦwww.gulbenkian.pt. Tues 2–6pm, Wed–Sun 10am–6pm. €3, free on Sun, combined ticket with Centro de Arte Moderna €5. The Museu Calouste Gulbenkian takes in virtually every phase of Eastern and Western Art. The small Egyptian room covers art from the Old Kingdom (2700 BC) up to the Roman period. Fine Roman statues, silver and glass, and intricate gold jewellery from ancient Greece follow. The Islamic arts are magnificently represented by a variety of ornamental texts, opulently woven carpets, glassware and Turkish tiles. There is also porcelain from China, and beautiful Japanese prints and lacquer-work.

European art includes work from all the major schools, beginning with a group of French medieval ivory diptychs (in particular, the six scenes depicting the *Life of the Virgin*) and a thirteenth-century manuscript of Saint John's prophetic *Apocalypse with the Commentary of Beregaudus*, produced in Kent and touched up in Italy. From fifteenth-century Flanders, there's a pair of panels by Rogier van der Weyden. The seventeenth-century collection yields Peter Paul Rubens' portrait of his second wife, *Helena Fourment*, and Rembrandt's *Figure of an Old Man* – plus works by Anthony van Dyck and Jacob van Ruisdael. Featured eighteenth-century works include those by Jean Honoré Fragonard, Thomas Gainsborough – in particular the stunning *Portrait of Mrs Lowndes-Stone* – and Francesco Guardi. The big names of nineteenth- to twentieth-century France – Edouard Manet, Claude Monet, Edgar Degas and Auguste Renoir – are all represented. Elsewhere you'll find ceramics from Spain and Italy, furniture from the reigns of Louis XV and Louis XVI, and assorted Italian tapestries and textiles. The last room features a stunning Art Nouveau collection of 169 pieces of fantasy jewellery by René Lalique; the highlight is the fantastical *Peitoral-libélula* (dragonfly breastpiece) brooch, half-woman, half-dragonfly, decorated with enamel work, gold, diamonds and moonstones.

▲ LAKE IN PARQUE EDUARDO VII



▲ FUNDAÇAO GULBENKIAN GARDENS

Centro de Arte Moderna

Main entrance on Rua Dr Nicolau de Bettencourt ⓣ217 823 000, ⓦ www.gulbenkian.pt. Tues 2–6pm, Wed–Sun 10am–6pm. €3, free on Sun, combined ticket with Museu Calouste Gulbenkian €5. To reach the Centro de Arte Moderna from the Museu Calouste Gulbenkian you can walk through the gardens, which are enlivened by some specially commissioned sculptures (including a Henry Moore).

The modern art centre features most of the big names on the twentieth-century Portuguese scene, including Almada Negreiros (1873–1970), the founder of *modernismo* (his self-portrait is set in the café *A Brasileira*), Amadeu de Sousa Cardoso and Guilherme Santa-Rita (both of Futurist inclinations), and Paula Rego (one of Portugal's leading contemporary artists, now resident in England). There are works by American abstract-expressionist Arshile Gorky, and British artists also feature; most striking are the prostrate figure of a man by Anthony Gormley and Bill Woodrow's wooden "War-head" sculpture. Of the latest batch of rising Portuguese stars, Pedro Cabrito Reis and Rui Chafes are most highly rated.

Casa Museu Dr Anastácio Gonçalves

Avda 5 de Outobro 8 ⓣ213 540 823. Tues 2–6pm, Wed–Sun 10am–6pm. €2. The appealing Casa Malhoa, with its entrance on Rua Pinheiro Chagas, is now the Casa Museu Dr Anastácio Gonçalves. The Neo-Romantic building with Art Nouveau touches – including a beautiful stained-glass window – was originally built for the painter José Malhoa in 1904, but now holds the private collection of ophthalmologist, Dr Anastácio Gonçalves, who bought the house in the 1930s. Highlights include paintings by Portuguese landscape artist João Vaz and by Malhoa himself, who specialized in historical paintings – his *Dream of Infante Henriques* is a typical example. On the top floor you'll find Chinese porcelain from the sixteenth-century Ming dynasty, along with furniture from England, France, Holland and Spain

▲ CASA MUSEU DR ANSTÁCIO GONCALVES

▲ A LINHA D'ÁGUA CAFÉ

dating from the seventeenth century. The downstairs rooms also host temporary exhibits, from historical costume to contemporary art.

Shops

El Corte Inglês

Avda António Augusto de Aguiar ☎213 711 700, ⓦwww.elcorteingles.pt. Giant Spanish department store spreading over nine floors, two of which are underground. The basement specializes in gourmet food, with various delis, bakers and a supermarket, while upper floors offer a range of stylish goods, including clothes, sports goods, books, CDs and toys. The top floor packs in cafés and restaurants with an outdoor terrace. The shop also boasts fourteen cinema screens – infomation on ☎707 232 221.

Cafés

Botequim do Rei

Esplanade da Parque Eduardo VII. Tues–Sun 10am–8pm. The fish and meat dishes on offer here are fairly average, but the setting, right in the park by a small lake, is particularly tranquil, making this a good place to head for lunch. Take care here, though, after dark.

Café Versailles

Avda da República 15a ☎213 546 340. Daily 7.30am–10pm. Traditional café full of busy waiters circling the starched tablecloths. It's liveliest at around 4pm, when Lisbon's elderly dames gather for a chat beneath the chandeliers.

A Linha d'Água

Parque Eduardo VII. Daily 9am–6pm. Glass-fronted café at the northern end of the park, facing a small lake. It's not a bad spot to down a coffee or beer, and decent buffet lunches are served too.

Restaurants

Centro de Arte Moderna

Rua Dr Bettencourt, Fundação Calouste Gulbenkian. Tues–Sun 10am–5.45pm. Join the lunchtime queues at the museum restaurant for bargain hot and cold dishes. There's an excellent choice of salads for vegetarians, which you can eat overlooking the gardens. Get there early though before the smokers fume the place out.

Solar do Morais

Rua Augusto dos Santos 3. Mon–Fri & Sun 9.30am–10.30pm. Very much a locals' joint, despite its position between the tourist draws of Parque Eduardo VII and the Gulbenkian. The cool, arched interior has cabinets of fresh food, bottles lining the walls and a large ham on the bar. Good-value trout and salmon dishes are always worth ordering, and there's a small outdoor terrace.

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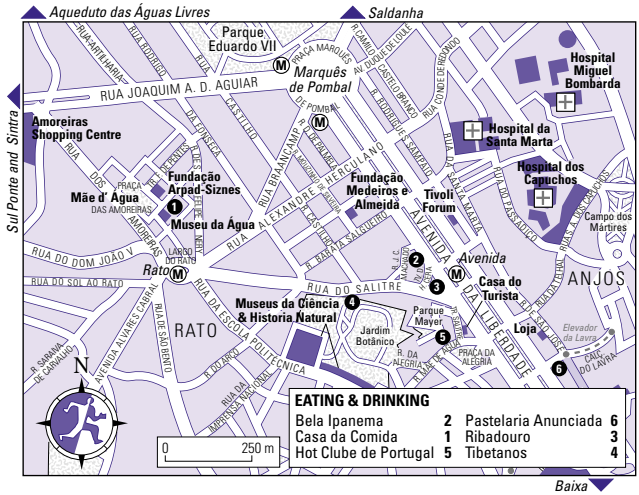
Northern Lisbon

Few visitors explore the bustling modern suburbs north of the Gulbenkian. The one must-see sight is the Palácio dos Marquêses de Fronteira, famed for its collection of azulejos. To the east, the otherwise dull area of Campo Grande features a small city fun fair, the Feira Popular, near the city's main bullring at Campo Pequeno. Two modern soccer stadiums – home to European giants Sporting and Benfica – add to the sporting attractions, both purpose-built for the Euro 2004 football championships. The latter has the bonus of Iberia's largest shopping complex and funfair on its doorstep.

Praça de Touros

Campo Pequeno ☎ 217 932 093.

Built in 1892, the Praça de Touros do Campo Pequeno is an impressive Moorish-style bullring seating nine thousand spectators. The Portuguese *tourada* (bullfight) is neither as commonplace nor as famous as its Spanish counterpart, but as a spectacle it's marginally preferable, as here the bull isn't killed in the ring, but instead is wrestled to the ground in a genuinely elegant, colourful and skilled display. After the fight, however, the bull is usually injured and it is always slaughtered later in any case. Tickets cost between €15 and €60, depending on where you sit, and performances start at 10pm on Thursday evenings from Easter to September.



▲ JARDIM ZOOLÓGICO

Culturgest

Avenida João XXI 63 ⓣ217 905 155. The modern monolith Culturgest arts complex runs regular art exhibitions and film seasons and hosts performances of classical music.

Feira Popular

ⓦwww.feirapopular.com. March–Oct Mon–Fri 7pm–midnight, Sat & Sun 3pm–1am; Dec Tues–Fri 2.30–10pm, Sat & Sun 11am–10pm; closed Nov, Jan & Feb. €2, rides extra. Situated at the southern end of Campo Grande – a pleasant grassy strip sporting a lake and otherwise filled with trees, cafés and tennis courts – the Feira Popular neatly combines old-fashioned carousels with modern rollercoasters and white-knuckle rides. It's popular with the Portuguese youth and makes a fun afternoon out for the kids. The cafés and restaurants are also inexpensive and reliably good.

Estádio José Alvalade

Rua Francisco Stromp ⓣ217 516 010/000, ⓦwww.sporting.pt. Games take place late August–May every other weekend (usually Sun afternoon) and occasionally midweek. Tickets (€22–32) are available from booths at the ground or online. This state-of-the-art stadium was purpose-built as one of Lisbon's two venues for the 2004 European Championships, with a capacity of 54,000. It is home to Sporting Club de Portugal – usually known as Sporting Lisbon, one of Portugal's big three soccer clubs. Sporting won the championship in 2000, and again in 2002 (when they also won the Portuguese cup), establishing themselves as Lisbon's most successful team of the new millennium.

Jardim Zoológico

Estrada de Benfica ⓣ217 232 910, ⓦwww.zoolisboa.pt. Daily: April–Sept 10am–8pm; Oct–March 10am–6pm. €11, children under 12 €8.30. Lisbon's zoo, the Jardim Zoológico, was opened in 1884 and though it has been given a facelift in recent years, it remains one of the least inspiring of European zoos, exhibiting unhappy captives encouraged to perform demeaning tricks. On the other hand, it's really as much a rambling garden as anything else and its peculiarly Portuguese eruptions of kitsch (an extraordinary dogs' cemetery, for instance) make for an enjoyable afternoon's ramble. A small cable car (daily from 11am until 30min before closing; included in the price) transports you around the grounds, and there are restaurants, a well-stocked reptile house (10am–noon & 1–6pm) and a boating lake as further diversions. Just by its main gates lies the Animax amusement park, where rides and games relieve parents of further euros.

Palácio dos Marquêses de Fronteira

Largo de São Domingos de Benfica 1 ⓣ217 782 023. Tours Mon–Sat: June–Sept at 10.30am, 11am, 11.30am & noon; Oct–May at 11am & noon. €5 weekdays, €7.50 weekends. Gardens only €2 weekdays, €2.50 weekends. Reservations advised. Bus #46 passes nearby, or it's a 20min walk from the zoo. You don't need to be a dyed-in-the-wool palace enthusiast to enjoy a visit to the Palácio dos Marquêses de Fronteira, a seventeenth-century former hunting lodge on the northeastern fringes of the Parque de Monsanto. Built in 1670 for the first Marquês de Fronteira, João de Mascarenhas, and still inhabited by descendants of the same family, the palace has been partly open to the public since 1989. The formal gardens are particularly fine, complete with ornate topiary, statues and fountains, but it's the interior that impresses most, notably the stunning azulejos dating back to the seventeenth century. Some of the rooms are completely lined with them, including the Sala das Batalhas (Battle Room) whose tiles depict vivid scenes from the Restoration Wars with Spain. Guided tours of the interior last about an hour, after which you're free to wander in the gardens.

Estádio da Luz

Avenida General Norton de Matos ⓣ217 210 522 or 214 153 815, ⓦwww.slbenfica.pt. Games take place late August–May every other weekend (usually Sun afternoon) and occasionally midweek. Tickets (€22–32) are available from booths at the ground or online. The Estádio da Luz is one of Europe's most famous stadiums – the English team Sunderland even stole its name ("Stadium of Light"), which actually derives from the name of the suburb Luz rather than its illuminations. The stadium, with a capacity of seventy thousand, was rebuilt as the main venue for the Euro 2004 football championships and is home to Benfica (officially called Sport Lisboa e Benfica), Lisbon's best-known football team. Along with Porto, Benfica has dominated the Portuguese championship over the years: it was European champion in 1961–62, and runner up in 1968, 1988 and 1990. However, recent years have been difficult, with the

club rocked by financial irregularities, and it has struggled to keep up with northern rivals Porto.

Shops

Centro Colombo

Avenida Colégio Militar-Luz ☎217 113 600. Cinema info on ☎217 113 200. Iberia's largest shopping centre, Centro Colombo, is almost a town in its own right, with over 400 shops, 65 restaurants and 11 cinema screens. Major stores include FNAC, C&A, Zara, Habitat and Toys "R" Us, while the top floor has the usual fast-food outlets along with a sit-down dining area in the jungle-draped "Cidade Perdida" (Lost City). There is also a "Fun Centre" (daily noon–midnight) which claims to be Europe's largest covered amusement park, complete with rides, roundabouts, bumper cars, ten-pin bowling and even a roller-coaster which whizzes overhead. An additional outdoor area features mini-bunjee jumps, a go-cart track, toy car and boat rides.

Cafés

Pastelaria Dourada

Rua Cipriano Dourado. Daily 6.30am–10pm. Bustling café-bar right by Sporting Lisbon's ground. Pay in advance for bargain beers, coffee, pizzas or snacks.

Restaurants

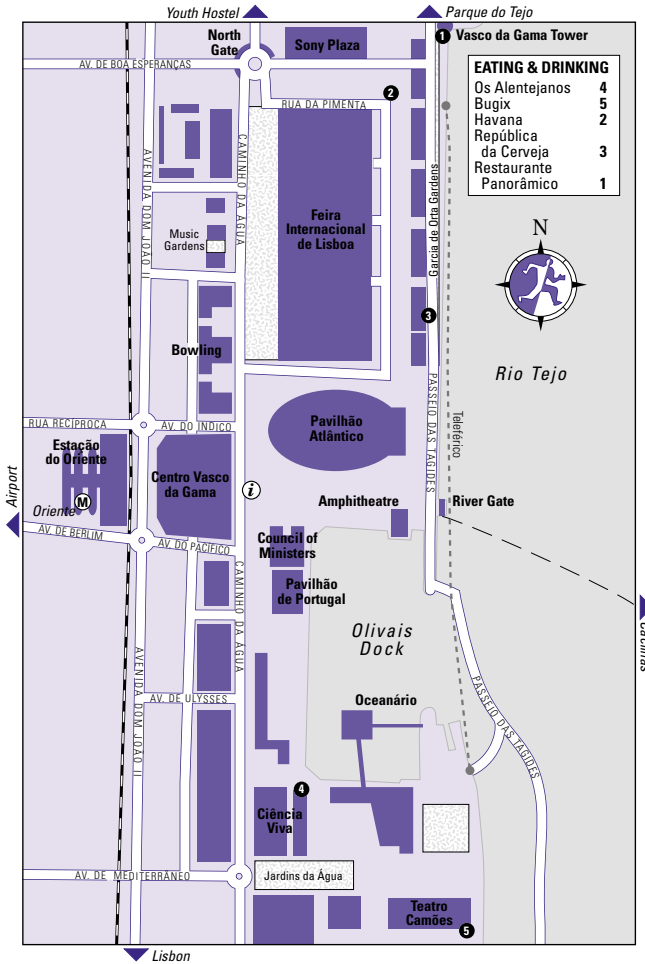
Rodizio Grill

Campo Pequeno 79 ☎217 939 760. Daily noon–4pm & 7.30pm–midnight. Right opposite the bullring, this appropriately specializes in Brazilian *rodizio* – various types of barbecued meats, with a salad bar as a token healthy option. It's good value if you have a big appetite as, for €20, you can top your plate up as often as you like.

▲ PÁLACIO DE FRONTEIRA

Parque das Nações

The Parque das Nações or "Park of Nations" is the name given to the former site of Expo 98. Its flat, traffic-free walkways lined with fountains and futuristic buildings are a complete contrast to the narrow, precipitous streets of old Lisbon, making it a very popular destination, especially during summer weekends. The main highlight is the Oceanário de Lisboa, Europe's second-largest oceanarium. Other attractions include water



gardens, a cable car and viewing tower, and two of Lisbon's largest concert venues. It is also impossible to miss the astonishing seventeen-kilometre-long Vasco da Gama bridge over the Tejo, which dominates the river at this point. The Posto de Informação (information desk; daily 9.30am–8pm; ⓦwww.parquedasnacoes.pt) has details of the day's events. If you want to visit everything, it is worth buying a Cartão do Parque (e14, or e7 for children under 12) from the desk. This allows free access to the main sights and discounts at other attractions. It's easy to walk round the park, or there's a toy train, which trundles anti-clockwise around the main sights (every 20min, daily 10am–7pm; e2.50).

Estação do Oriente

Oriente metro exits in the bowels of the Estação do Oriente, a cavernous glass and concrete station designed by Spanish architect Santiago Calatrava. On level 2 on Sundays (10am–7pm) you'll find a weekly changing market; there are stamps, coins and collectables for sale on the first Sunday of each month, handicrafts on the second, antiques on the third and decorative arts on the fourth.

Olivais dock and the Pavilhão Atlântico

The central focus of the Parque das Nações is the Olivais dock, where boats pull in from Cacilhas. You can also catch the boat tours here (see p.198). The main building facing the dock is the Pavilhão de Portugal (Portugal Pavilion), one of the most impressive of the many adventurous structures in the park, featuring an enormous, sagging concrete canopy on its south side. Designed by Álvaro Siza Vieira, architect of the reconstructed Chiado district, the building now holds Portugal's Council of Ministers

▼ VIEW OVER OLIVAIS DOCK

▲ OCEANÁRIO

(a forum for Portuguese Members of Parliament). Opposite here is the spaceship-like Pavilhão Atlântico (Atlantic Pavilion; ⓣ218 918 440, ⓦwww.pavilhaoatlantico.pt), officially Portugal's largest indoor arena and the venue for major visiting bands and sporting events.

Ciência Viva

ⓣ218 917 100. Tues–Fri 10am–6pm, Sat & Sun 11am–7pm. €5, children €2.50. Run by Portugal's Ministry of Science and Technology (which shares the premises), Ciência Viva or "Live Science" hosts changing exhibitions on subjects such as 3-D animation and the latest computer technology. The permanent exhibits aimed at children – from flight simulators to holograms – are particularly good and there's also a cybercafé offering free Internet access.

Jardins da Água

The Jardins da Água (Water Garden), crisscrossed by riverlets and ponds, are based on the stages of a river's drainage pattern, from stream to estuary. Linked by stepping stones, there are enough gushing fountains, water gadgets and pumps to keep children occupied for hours.

Oceanário

ⓣ218 917 002, ⓦwww.oceanario.pt. Daily 10am–7pm. €9, children €4.50. Designed by Peter Chermaeff and looking like something off the set of a James Bond film, the Oceanário de Lisboa (Lisbon Oceanarium), the world's third largest, contains some 25,000 fish and marine animals. Its main feature is the enormous central tank, the size of four Olympic-sized swimming pools, which you can look into from different levels for close-up, top-to-bottom views – of the sharks, which circle the main body of the water, down to the rays burying themselves into the sand on the sea bed. Almost more impressive, though, are the re-creations of various ocean ecosystems, like the Antarctic tank, containing frolicking penguins, and the Pacific tank, where otters bob about in the rock pools. On the darkened lower level, smaller tanks contain shoals of brightly coloured tropical fish and other warm-water creatures. Find a window free of school parties and the whole experience becomes the closest you'll get to deep-sea diving without getting wet.

Teleférico

Daily 11am–7pm. €3 one-way, €5 return. The ski-lift-style *teleférico* (cable car) rises up to 20m as it shuttles you over Olivais Docks to the northern side of the Parque, giving commanding views over the site on the way.

Torre Vasco da Gama

ⓣ218 969 867. Daily 10am–7pm. €2.50. Once an integral part of an oil refinery, the Torre Vasco da Gama (Vasco da Gama Tower) viewing platform is, at 145m high, Lisbon's tallest structure. A lift to the top gives

a 360-degree panorama over Lisbon, the Tejo and into the Alentejo to the south. The summit also holds a pricey restaurant (see p.154).

Parque do Tejo

Spreading along the waterfront right up to the Vasco da Gama bridge, Parque do Tejo is Lisbon's newest park, a massive space complete with picnic areas, bike trails and riverside walks. Picnic supplies are available from the supermarkets in the Vasco da Gama shopping centre and bike hire from the Sony Plaza (see below).

Sony Plaza

Events and tickets organized by Pavilhão Atlântico – see p.151. Sony Plaza is Lisbon's largest purpose-built outdoor arena, which often hosts concerts and sports events. At other times, it's the site of Adrenalina, a small adventure park (Tues–Fri 2–7pm, Sat & Sun 11am–7pm; most rides or equipment €4) featuring skateboard ramps, climbing walls, trampolines and a "Skycoaster", a kind of bunjee swing suspended 35m up; there are also bouncy castles and inflatables for younger children. If all this isn't enough excitement, you can also rent bumper boats – little motorized pedaloes – from here for use on the stretch of water in Olivais dock, but these will set you back €4 for just ten minutes; alternatively, you can hire bikes for €2 per half-hour.

Feira Internacional de Lisboa

ⓣ218 921 500, ⓦwww.fil.pt. Opposite Sony Plaza, Lisbon's trade fair hall, the Feira Internacional de Lisboa (FIL), hosts various events, including a handicrafts fair displaying ceramics and crafts from around the country (usually in July).

Bowling Internacional de Lisboa

ⓣ218 922 521, ⓦwww.bilbowling.com. Mon–Fri noon–2am, Sat & Sun 11am–2am. €4.75, off-peak discounts available. The Bowling Internacional de Lisboa is Portugal's largest tenpin bowling centre. There are also bouncy castles for children, cafés and video games.

Shops

Centro Vasco da Gama

Avda D. João II ⓣ218 930 601, ⓦwww.centrovascodagama.pt. Daily 10am–midnight. Three floors of local and international stores are housed under a glass roof

▲ FOUNTAINS, PARQUE DAS NAÇÕES

permanently washed by running water; branches include Celeiro, Hugo Boss, Pierre Cardin, Mango and C&A. There are also various fast-food outlets, ten cinema screens, children's areas and disabled access.

Restaurants

Os Alentejanos

Cais dos Argonautas ☎218 956 116. Daily 12.30–10pm. Great wooden barrels and hams dangling from the ceiling and waiters in broad-rimmed hats give a jolly feel to this restaurant specializing in regional food from the Alentejo – expect tapas (olives, cheeses, *presunto* ham), *açorda* with seafood and thick red wines, though genuine Alentejans would be horrified by the prices.

Restaurante Panorâmico

Torre Vasco da Gama ☎218 939 550. Tues–Sat noon–2pm & 8–10pm, Sun noon–2pm. The top of the old oil refinery tower is now an exclusive restaurant with fantastic views and some pretty decent Portuguese and international food at almost-as-high prices: expect to pay around €30 per head. Steamed sea bass, grilled tiger prawns and oven-baked duck are just some of the specialities. You'll need to reserve in advance.

Bars and clubs

Bugix

Rua D. Fuas Roupinho ☎218 951 181. Restaurant: Tues–Sun noon–midnight. Club: Thurs–Sat midnight–5am. The "in" spot in the Parque at present, with live music and pulsating techno at weekends. The rest of the week, *Bugix* is a relatively quiet restaurant serving moderately priced Portuguese food. Diners pay half the €10 club entry fee.

Havana

Rua da Pimenta 115–117. Daily noon–4am. Lively Cuban bar with an airy interior and outdoor seating. The pulsating Latin sounds get progressively louder after 11pm, when it turns into a more of a club until 4am.

República da Cerveja

Passeio das Tágides 2–26 ☎218 922 590. Mon–Fri & Sun 12.30pm–1am, Sat 12.30pm–4am. In a great position close to the water's edge and facing the Vasco da Gama bridge, this modern bar-restaurant specializes in some fine international beers, though sticking to the local Superbock will save a few euros. Steaks and German cuisine are also on offer, and there's live music Thursday to Saturday.

▲ VASCO DA GAMA SHOPPING CENTRE

Sintra

If you make just one day-trip during your stay in Lisbon, choose the ride out to the beautiful hilltop town of Sintra, the former summer residence of Portuguese royalty. Not only does the town boast two of Portugal's most extraordinary palaces, it also contains a semi-tropical garden, a Moorish castle with breathtaking views over Lisbon, and one of the best modern art museums in the Iberian peninsula. Looping around a series of green, wooded ravines Sintra consists of three separate villages: Sintra-Vila is the oldest part, with many of the town's attractions close to its central square, the Praça da República; Estefânia, a ten-minute walk to the east, is where trains from Lisbon pull in; while São Pedro – best visited during the São Pedro festival (June 28–29) – lies to the south.

Getting to and around Sintra

Sintra is served by regular trains from Lisbon's **Rossio station** (every 15–20min; 45min; €1.25 single). To see the area around Sintra, including the coast, consider a **Day-rover ticket** on the local Scotturb buses (€7). Alternatively, **bus #434** takes a circular route from Sintra station or Sintra-Vila to most of the sites mentioned in this chapter (every 40min; €3.50) and allows you to get on and off whenever you like on the circuit.

Palácio Nacional

Largo da Rainha Dona Amélia ☎219 106 840. Mon, Tues & Thurs–Sun 10am–5.30pm. €3, free Sun 10am–2pm. The extraordinary Palácio Nacional was probably already in existence at the time of the Moors, but takes its present form from the rebuilding of Dom João I (1385–1433) and his successor, Dom Manuel, the chief royal beneficiary of Vasco da Gama's explorations. Its exterior style is an amalgam of Gothic – featuring impressive battlements – and Manueline, tempered inside by a good deal of Moorish influence, adapted over the centuries by a succession of royal occupants. The palace is best seen early or late in the day to avoid the crowds. Highlights on the lower floor include the Manueline Sala

▼ CASTELO DOS MOUROS

dos Cisnes, so called for the swans (*cisnes*) on its ceiling, and the Sala das Pegas, which takes its name from the flock of magpies (*pegas*) painted on the frieze and ceiling – João I, caught in the act of kissing a lady-in-waiting by his queen, reputedly had the room decorated with as many magpies as there were women at court in order to put a stop to their gossip.

Best of the upper floor is the gallery above the palace chapel. Beyond, a succession of state rooms climaxes in the Sala das Brasões, its domed and coffered ceiling emblazoned with the arms of 72 noble families. Finally, don't miss the kitchens, their roofs tapering into the giant chimneys that are the palace's distinguishing features.

Museu do Brinquedo

Rua Visconde de Monserrate ⓣ219 106 016, ⓦwww.museu-do-brinquedo.pt. Tues–Sun 10am–6pm. €3, children €1.50. Housed in a former fire station, the Museu do Brinquedo – a fascinating private toy collection – is a great place for children. The huge array of toys exhibited over three floors is somewhat confusingly labelled, but look out for the 3000-year-old stone Egyptian toys on the first floor, the 1930s Hornby trains and some of the first ever toy cars, produced in Germany in the early 1900s. There are cases of soldiers numerous enough to scare a real army, early Portuguese toys including a selection of 1930s beach toys, wooden toys from Senegal, wire bicycles from Zimbabwe, and a top floor stuffed with dolls and doll's house furniture. There's also a café and a small play area for young children.

Castelo dos Mouros

ⓣ219 237 300. Daily: June–Sept 10am–7pm; Oct–May 10am–5pm; last entry 1hr before closing. €3.50. From Calçada dos Clérigos, near the church of Santa Maria, a stone pathway leads up to the ruined ramparts of the Castelo dos Mouros. Built in the ninth century, it was taken in 1147 by Afonso Henriques, with the aid of Scandinavian Crusaders. The castle walls were allowed to fall into disrepair over subsequent centuries, though they were restored in the mid-nineteenth century as tourists increasingly began to make the climb. The Moorish castle spans two rocky pinnacles, with the remains of a mosque spread midway between the fortifications, and the views from up here are extraordinary:

▲ QUINTA DA REGALEIRA

south beyond Lisbon to the Serra da Arrábida, west to Cabo da Roca and north to the Berlenga islands.

Palácio da Pena

Estrada de Pena ⓣ219 105 340. Tues–Sun: mid-June to mid-Sept 10am–7pm; mid-Sept to mid-June 10am–5.30pm; last entry 1hr before closing. Palace and gardens €6, gardens only €3.50. The upper gate of the castle gives on to the road up to Pena, opposite the lower entrance to Parque da Pena, a stretch of rambling woodland with a scattering of lakes and follies. At the top of the park, about twenty minutes' walk from the entrance, looms the fabulous Palácio da Pena, a wild fantasy of domes, towers, ramparts and walkways, approached through mock-Manueline gateways and a drawbridge that does not draw. A compelling riot of kitsch, the palace was built in the 1840s to the specifications of Ferdinand

of Saxe-Coburg-Gotha, husband of Queen Maria II, with the help of the German architect, Baron Eschwege. The interior is preserved exactly as it was left by the royal family when it fled Portugal in 1910. The result is fascinating: rooms of stone decorated to look like wood, turbaned Moors nonchalantly holding electric chandeliers – it's all here. Of an original convent, founded to celebrate the first sight of Vasco da Gama's returning fleet, only a chapel and genuine Manueline cloister have been retained.

Above Pena, a marked footpath climbs in thirty minutes or so to the Cruz Alta, highest point of the Serra de Sintra.

Quinta da Regaleira

Daily: Feb–May & Oct 10am–6.30pm; June–Sept 10am–8pm; Dec–Jan 10am–5.30pm. Ninety-minute tours (available in English) every 30min–1hr; advance booking essential on ⓣ219 106 650; €10. Unguided visits €5.

The Quinta da Regaleira, a UNESCO World Heritage site, is one of Sintra's most elaborate private estates. It is best to take a tour to get a full flavour of the place, though you are free to look around where you want unguided. It was designed at the turn of the twentieth century by Italian architect and theatrical set designer Luigi Manini for wealthy Brazilian merchant António Augusto Carvalho Monteiro. Manini's sense of the dramatic is obvious: the principal building, the mock-Manueline Paláçio dos Milhões, sprouts turrets and towers, though the interior is sparse apart from some elaborate Rococo wooden ceilings and impressive Art Nouveau tiles. The surrounding gardens shelter fountains, terraces, lakes and grottoes, with the highlight being the Initiation Well, inspired by the initiation practices of the Knights Templar and the Freemasons. Entering via an Indiana Jones-style revolving stone door, you walk down a moss-covered spiral staircase to the foot of the well and through a tunnel, which eventually resurfaces at the edge of a lake (though in winter you exit from a shorter tunnel so as not to disturb a colony of hibernating bats). In summer, the gardens host occasional performances of live music, usually classical or jazz.

▼ RUA DAS PADARIAS

Palácio de Seteais

Rua Barbosa do Bocage 8. The "Seven Sighs" is one of the most elegant palaces in Portugal, completed in the last years of the eighteenth century and

maintained today as an immensely luxurious hotel (see p.189). The gardens here host the annual Noites de Bailado festival in August, a series of dance, ballet and operatic performances with top international names. The palace also runs its own **stables**, the Centro Hípico de Seteais (☎219 233 200), which can arrange two-hour treks to Monserrate and Capuchos (see p.162).

▲ LOCAL QUEIJADAS (CHEESE CAKES)

Museu de Arte Moderna

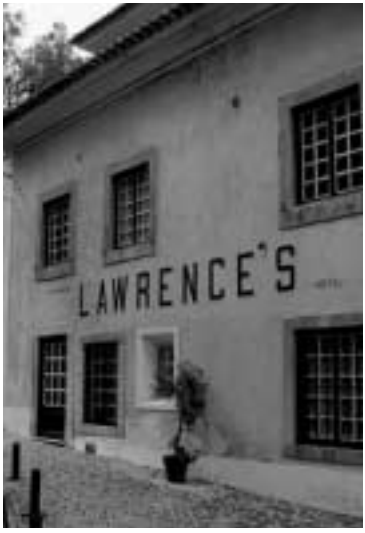
Avenida Heliodoro Salgado
ⓦwww.berardocollection.com.
Tues–Sun 10am–6pm. €3, free on Thurs. The Museu de Arte Moderna houses one of Iberia's best collections of modern art, amassed by Madeiran tobacco magnate Joe Berardo. Located in Sintra's former casino, the collection spreads over three floors, displaying chronologically the main modern movements, including pop art, minimalism, kinetic art and conceptual art. The collection is so huge that exhibits change every two months; depending on when you visit, you might see giant Gilbert and George panels, and works by Jackson Pollock, David Hockney, Roy Lichtenstein and Andy Warhol, including his wonderful portrait of Judy Garland. Lovers of kitsch will enjoy Jeff Koons' sculpture of a poodle and Bobtail the sheepdog. The top floor contains a café and restaurant, with an outdoor terrace offering great views towards the Palácio da Pena.

Cafés

Adega das Caves

Rua de Pendoa 2 (café) & 8 (restaurant). Café: daily 8am–2am. Restaurant: Mon–Sat noon–3pm & 7–11pm. Bustling café-bar in the basement of *Café Paris* (see p.160), attracting a predominantly local and youthful clientele; the neighbouring associated restaurant serves good-value Portuguese grills.

▼ LAWRENCE'S HOTEL



▲ ONE OF SINTRA'S NATURAL FONTS

Fábrica das Verdareiras Queijadas da Sapa

Volta do Duche 12. Tues–Sun 9am–7pm. This old-fashioned café is famed for its traditional *queijadas*, which have been made on the premises for over a century. It's a bit dingy inside, so it's best to buy takeaways to sustain you on your walk to the centre.

Marquês de Sintra

Parque das Castanheiro. Daily: May–Sept 10am–8pm; Oct–April 10am–5pm. Snack bar on an outdoor terrace in a small park, where you can enjoy snacks such as pizzas or snails with great views over the Palácio Nacional.

Café Paris

Largo Rainha D. Amélia ☎219 232 375. Daily 8am–midnight. This attractively blue-tiled café is the highest-profile in town, which means steep prices for not especially exciting food, although it is a great place to sit and nurse a drink in the sun. If you do want to eat, reservations are advised in high season.

Casa da Piriquita

Rua das Padarias 1. Mon, Tues & Thurs–Sun 9am–midnight. Cosy tea-room and bakery, which can get pretty smoky when it's busy with locals queueing to buy *queijadas da Sintra* (sweet cheesecakes) and other pastries. Further up the hill at no. 18 there's another, more modern branch, *Piriquita Dois* (closed Tues), which boasts a big outdoor terrace.

Restaurants

Alcobaça

Rua das Padarias 7–11 ☎219 231 651. Daily noon–4.30pm & 7pm–midnight. The best central choice for a decent, straightforward Portuguese meal, on a small side street east of the main square. There's friendly service in the plain tiled dining room, and large servings of grilled chicken, *arroz de marisco* (seafood rice), pork or steak for around €15 a head.

Casa da Avo

Rua Visdonde de Monserrate 46 ☎219 231 280. Mon–Wed & Fri–Sun noon–3pm & 7–11pm. Basic eating-house with few pretensions, but the house wine is cheap enough and it's hard to fault dishes like

caldeirada (fish stew). There's a decent café attached, too.

Toca do Javali

Rua 1º Dezembro 18, São Pedro de Sintra ⓣ219 233 503. Mon, Tues & Thurs–Sun noon–midnight. Around 500m east of the main square in São Pedro, this is much the best place to eat in this part of town, with outdoor tables in summer in a terraced garden, combined with superb cooking at any time of year. Wild boar (*javali*) is the house speciality. Prices are fairly steep, around €25 a head. Reservations advised.

Tulhas

Rua Gil Vicente 4 ⓣ219 232 378. Mon, Tues & Thurs–Sun noon–3.30pm & 7–10pm. Imaginative cooking in a fine building converted from old grain silos. The speciality is veal with Madeira at a reasonable €12 or so, but anything here is recommended. It's wise to book in advance.

Bars and clubs

Bar Fonte da Pipa

Rua Fonte da Pipa 11–13 ⓣ219 234 437. Daily 9pm–2am. Laid-back bar attracting a sophisticated clientele, with low lighting and comfy chairs. It's up the hill from *Casa da Piriquita*, next to the lovely ornate fountain (*fonte*) that the street is named after.

Orixás

Avda Adriano Coelho 7 ⓣ219 241 672. Tues–Fri 4pm–midnight, Sat & Sun noon–4pm & 8pm–midnight. Brazilian bar, restaurant, music venue and art gallery housed in a lovely building complete with waterfalls and outdoor terrace, on the road behind the Museu de Arte Moderna. Go for the buffet to sample its range of Brazilian specialities; it costs around €30, but with live Brazilian music thrown in, that's not bad value.

▲ CAFÉ PARIS

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The Sintra coast, Queluz and around

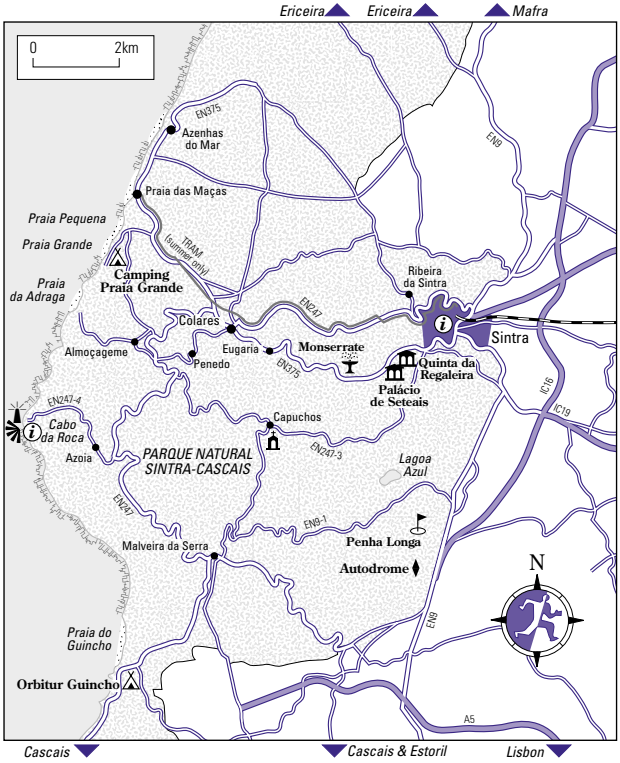
The beautiful hills, woodlands and craggy coastline around Sintra make up the Parque Natural Sintra-Cascais, within which development is restricted. West of Sintra, beyond the fantastic gardens of Monserrate, the wine-producing village of Colares and the extraordinary Convento dos Capuchos, a series of small-scale coastal resorts stretches north of Cabo da Roca ("cape of rock"), Europe's most westerly point. The sands make an attractive destination for an afternoon out (or even an overnight stop), but note that all the beaches have dangerous currents.

Exactly halfway between Lisbon and Sintra, the eighteenth-century Rococo Palácio de Queluz provides a rewarding break in your journey.

▲ AZENHAS DO MAR

Monserrate

Estrada da Monserrate ☎219 237 300. Daily: June–Sept 9am–7pm; Oct–May 9am–5pm. €3.50. No public transport; return taxi from Sintra with 1hr stopover costs around €15. The charm of Monserrate, a Victorian folly-like mansion set in a vast botanical park of exotic trees and subtropical shrubs and plants, is immeasurably enhanced by the fact that it's only partially maintained. The name most associated with Monserrate is that of William Beckford, the wealthiest untitled Englishman of his age, who rented Monserrate from 1793 to 1799, having been forced to flee Britain after he was caught in an uncompromising position with a 16-year-old boy. Setting



about improving the place, he landscaped a waterfall and even imported a flock of sheep from his estate at Fonthill.

Half a century later, a second immensely rich Englishman, Sir Francis Cook, bought the estate. His fantasies were scarcely less ambitious, involving the construction of a great Victorian house inspired by Brighton Pavilion. Cook also imported the head gardener from Kew to lay out succulents and water plants, tropical ferns and palms, and just about every known conifer. For a time Monserrate boasted the only lawn in Iberia and it remains one of Europe's most richly stocked gardens, with over a thousand different species of subtropical trees and plants.

There has been talk of renovating the house for years, but for the time being it remains closed to the public. However, you can still admire the exterior, with its mix of Moorish and Italian decoration – the dome is modelled on the Duomo in Florence.

Colares

Bus #403 from Sintra or Cascais train stations (every 90min); or Praia das Maças tram from Sintra Estefânia (May–Sept only: ⓣ219 231 157 for details). Twenty minutes northwest of Sintra, this wealthy village is famed for its rich red wine made from ancient vines

grown in the local sandy soil. The producer Adega Regional de Colares (☎219 288 082) hosts occasional tastings, concerts and exhibitions. For superb views back towards Sintra, head uphill following the sign "Penedo".

Azenhas do Mar

Bus #441 from Sintra (every 1–2hr; 40min). Steep whitewashed cottages tumble down the cliff face at the pretty fishing village of Azenhas do Mar. The beach is small, but there are sea-pools for swimming in when the sea is too rough.

Praia das Maçãs

Bus #441 from Sintra (every 1–2hr; 30min); or Praia das Maçãs tram from Sintra Estefânia (May–Sept only: ☎219 231 157 for details). The largest and liveliest resort on this stretch, Praia das Maçãs is also the easiest to reach from Sintra – take the tram for the most enjoyable journey. Along with a big swath of sand, Praia das Maçãs has an array of bars and restaurants to suit all budgets.

Praia Grande

Bus #441 from Sintra (every 1–2hr; 25min). Set in a wide, sandy cliff-backed bay, this is one of the best and safest beaches on the Sintra coast, though its breakers attract surfers aplenty, and bodyboarding competitions are held here too. Plenty of inexpensive cafés and restaurants spread along the beachside road.

Praia da Adraga

No public transport; by car, follow the signs from the village of Almoçageme. Praia da Adraga was flatteringly voted one of Europe's best beaches by a British newspaper; the unspoilt, cliff-backed, sandy bay with just one beach restaurant is certainly far quieter than the other resorts, but it takes the full brunt of the Atlantic, so you'll need to take great care when swimming.

Cabo da Roca

Bus #403 from Sintra or Cascais train stations (every 90min; 45min). Little more than a windswept rocky cape with a lighthouse, this is the most westerly point in mainland Europe, which guarantees a steady stream of visitors – get there early to avoid the coach parties. You can soak up the views from the café-restaurant (daily 9.30am–7.30pm).

Convento dos Capuchos

Daily: May–Sept 9.30am–7pm; Oct–April 9.30am–5pm. Guided tours only (available in English), every 15–30min; advance booking essential on ☎219 237 300; €3.50. No public transport. If you have your own transport, don't miss a trip to the Convento dos Capuchos, an extraordinary hermitage with tiny, dwarf-like cells cut from the rock and lined in cork – hence its popular name of the "Cork Convent". It was occupied for three hundred years until being finally abandoned in 1834 by its seven remaining monks, who must have found the gloomy warren of rooms and corridors too much to maintain. Some rooms – the penitents' cells – can only be entered by crawling through 70cm-high doors; here, and on every other ceiling, doorframe and lintel, are attached panels of cork, taken from the surrounding woods. Elsewhere, you'll come across a washroom, kitchen, refectory, tiny chapels, and even a bread oven set apart from the main complex.

Penha Longa Golf Club

Estrada da Lagoa Azul-Linhó ⓣ219 249 031, ⓦwww.portugalgolf.pt. Mon–Fri €82 per round, Sat & Sun €105. Golf club hire from €22. One of the most famous of Portugal's many golf courses, the upmarket Penha Longa Golf Club is set in a former monastic estate. Designed by Robert Trent Jones, the course has superb views towards the sea and has hosted the Portuguese Open. Not surprisingly, it's best to book in advance to be sure of a game; note that a handicap of 28 is required.

Palácio de Queluz

ⓣ214 350 039. Mon & Wed–Sun 10am–5pm. €3, free Sun mornings. Train from Rossio or Sintra to Queluz-Belas (every 15–20min; 20min; €0.90 single). The royal Palácio de Queluz is the country's finest example of Rococo architecture. Although its low, pink-washed wings and extensive eighteenth-century formal gardens are preserved as a museum, the palace is still pressed into service to accommodate state guests and dignitaries. It was built by Dom Pedro III, husband and regent to his niece, Queen Maria I. Maria lived here throughout her 39-year reign (1777–1816), for the last 27 years of which she was quite mad, following the death of her eldest son, José.

Visitors first enter the Throne Room, which is lined with mirrors surmounted by paintings and golden flourishes. Beyond is the more restrained Music Chamber with its portrait of Queen Maria above a French grand piano. Another wing comprises an elegant suite of public rooms – smoking, coffee and dining rooms – and the Ambassador's Chamber, where diplomats and foreign ministers were received during the nineteenth century. One of the most pleasing rooms is the simple Dressing Room, with its geometric inlaid wooden floor and spider's-web ceiling.

▲ PRAIA GRANDE

▲ COLARES VELHO RESTAURANT

Entry to the formal gardens is included in the ticket price. From May to October there's a display of Portuguese horsemanship here every Wednesday at 11am (€1), and the palace also hosts events for the Sintra music festival (see p.199).

Cafés

Esplanada do Casino

Esplanada Vasco da Gama, Praia das Maças. Daily 10am–6pm. With an outdoor terrace facing the sands, this is the ideal spot for a cool drink, sandwich or ice cream. Daredevil specialities include a *salada de orelha de porco* (pig's ear salad).

Restaurants

Colares Velho

Largo Dr Carlos Franca 1–4, Colares ☎219 292 406. Tues–Sun 11am–11pm. Delightful upmarket restaurant and teahouse on Colares' tiny main square. The traditional Portuguese cuisine is pricey but superbly prepared (in autumn, game is a speciality); alternatively, just pop in for tea and cake.

Cozinha Velha

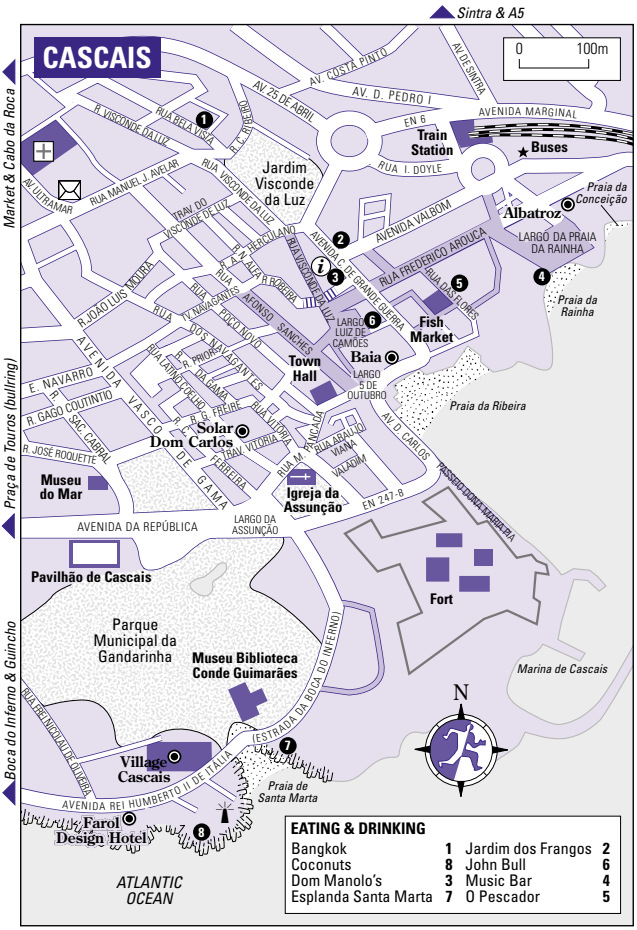
Palácio de Queluz ☎214 350 232. Daily 12.30–3pm & 7.30–10pm. You can still eat a meal in the original kitchen of the Queluz palace, although the food doesn't always live up to its setting and you're looking at around €25 a head for a full meal. There is, however, a cheaper café in the main body of the palace.

O Loureiro

Esplanada Vasco da Gama, Praia das Maças. Mon–Wed & Fri–Sun 11am–3pm & 7–11pm. In a prime location overlooking the beach, this is the best place to try the local fresh fish and seafood; grilled squid is always a good and inexpensive choice.

Cascais and Estoril

Lisbon's most accessible coastline lies just beyond the point where the Tejo flows into the Atlantic at the popular resorts of Cascais and Estoril. With its grandiose villas, luxury hotels and top-rated golf courses, Estoril has pretensions towards being a "Portuguese Riviera", but it lacks the character and buzz of neighbouring Cascais, which has a much younger and less exclusive feel and makes the better day-trip of the two. Getting to the resorts is half the fun – from the city centre, trains from



Cais do Sodré (every 20min; 35min to Estoril, 40min to Cascais; e1.25 single) wend along the shore – at times so close to the water that waves almost break over the tracks. There are also regular buses to and from Sintra and Lisbon airport. Sadly, the water along this stretch is not particularly clean until you get beyond Cascais to the impressive beach of Guincho.

Cascais town

Many of Cascais' most popular bars and restaurants cluster round the pretty palm-lined Largo Luis de Camões, set at one end of Rua Frederico Arouca. Nearby is the lively **fish market** (Mon–Sat 6am–noon).

The old and surprisingly pretty west side of Cascais town is at its most delightful in the streets around the graceful **Igreja da Assunção** – worth a look inside for its azulejos, which predate the earthquake of 1755. The modern **Museu do Mar** (Tues–Sun 10am–5pm; €1.30; ☎214 825 400) is an engaging little collection of items showing the town's relationship with the sea, with model boats, costumes and evocative photos of old Cascais.

The delightful **Parque Municipal da Gandarinha**, filled with exotic trees, picnic tables and a small lake, as well as a mini zoo and playground, makes a welcome escape from the beach crowds. In one corner of the park stands the beautiful mansion of the nineteenth-century Count of Guimarães, preserved complete with its fittings as the **Museu Biblioteca Conde Castro Guimarães** (Tues–Sun 10am–5pm; €1.30, tours €1.60).

To the east, the walls of Cascais' largely seventeenth-century fortress (closed to the public) now guard the entrance to the **Marina de Cascais**, an enclave of expensive yachts serviced by restaurants, bars and boutiques.

Cascais beaches

Cascais's largest beach, **Praia da Conceição**, lies east of Rua Frederico Arouca – Cascais' main mosaic-paved pedestrian thoroughfare – and is the best place to lounge on the sands.

▲ PRAIA DE CONCEIÇAO, CASCAIS

The smaller beaches of **Praia da Rainha** and **Praia da Ribeira** are in the middle of town, surrounded by rock formations which are good for clambering over and using as diving platforms. To the south of town, guarded by a lighthouse and tucked down a low cliff, is the little beach of **Praia de Santa Marta**, with a nice café on a terrace above the sands; it's a tranquil spot, though signs advise against swimming here.

Boca do Inferno

It's about twenty minutes' walk west from Cascais along the coastal road to the Boca do Inferno – the "Mouth of Hell" – where waves crash against caves in the cliff face. The viewpoints above are always packed with tourists, but the whole affair is rather unimpressive except in stormy weather.

Praia do Guincho

There are buses every one or two hours from outside Cascais train station to Praia do Guincho, 6km west, a great sweeping beach with body-crashing Atlantic rollers. The water is clean and it's a superb place to surf or windsurf – Windsurfing Championships are usually held here in August – but the undertow is notoriously strong and people are drowned almost every year. The beach and the coastal approach road is flanked by half a dozen large terrace-restaurants, all with fish-dominated menus.

Estoril

Estoril's town centre is focused on the leafy **Parque do Estoril**, surrounded by bars and restaurants. At the top end of the park is Europe's biggest

▲ PARQUE GANDARINHA, CASCAIS

casino (daily; free; semi-formal attire required; ☎214 667 700, ⓦwww.casino-estoril.pt), where James Bond author Ian Fleming gained much of his inspiration for his agents' exploits. The **Feira Internacional Artesanato** – handicrafts and folk music festivals – is held nearby in July.

The resort's fine sandy beach, **Praia de Tamariz**, is backed by a **seafront promenade** that stretches all the way northwest to Cascais. A stroll between the two towns is recommended, drifting from beach to bar; the walk takes around twenty minutes. From July to mid-September, a free firework display takes place above the beach every Saturday night at midnight.

Cafés

Esplanada Santa Marta

Praia de Santa Marta, Cascais. Tues–Sat 10am–10pm. One of the best places to enjoy charcoal-grilled fish, which is served on a

▲ FISHERMAN AT BOCA DO INFERNO

tiny terrace overlooking the sea and the little beach.

Music Bar

Largo da Praia da Rainha 121, Cascais. May–Sept daily 10am–10pm; Oct–April closed Mon. One of the few café-bars in Cascais with decent sea views. It's a fine spot to have a sunset beer, and the outside tables on the patio above the beach are packed throughout the day. It also does decent, moderately priced fish and grilled meats.

Restaurants

Bangkok

Rua Bela Vista 6, Cascais ⓣ214 847 600. Daily 1–3pm & 7.30–11pm. Sublime Thai cooking in a traditional Cascais town house, beautifully decorated with inlaid wood and Oriental furnishings. This place attracts media stars and politicians so it's best to reserve in advance. Highlights include lobster in curry paste and the assorted Thai snacks; expect to pay upwards of €30 a head for seafood, though you can eat for less if you choose carefully.

Dom Manolo's

Avda Com. Grande Guerra 11, Cascais ⓣ214 831 126. Daily 10am–midnight. Busy grill-house where superb chicken and chips, salad, local wine and home-made dessert will come to around €15.

English Bar (Cimas)

Avda Sabóia 9, Monte Estoril (signed just northwest of the train station, around 10min from the centre of Estoril) ⓣ214 680 413. Mon–Sat 12.30–4pm & 7.30–11pm. Despite the name, this is actually one of the region's best restaurants. Named for the Englishman who built the mansion in the 1940s, it has been run by the same Hispano-Portuguese family since 1952. The sumptuous wood-panelled decor, sea views and top-quality fish, meat and game have attracted leading politicians, journalists and even Spanish royalty. Expect to pay upwards of €30 a head.

Jardim dos Frangos

Avda Com. Grande Guerra 66, Cascais. Daily 10am–midnight. Permanently buzzing with people and

sizzling with the speciality, bargain grilled chicken, which is devoured by the plateful at indoor and outdoor tables.

Muchaxo

Praia do Guincho ☎214 870 221. Daily noon–3.30pm & 7.30–10.30pm. This restaurant, overlooking the crashing waves of Guincho, is rated one of the best in the Lisbon area. A meal will set you back around €25 a head, but that's not bad value for some delicious Portuguese fish and meat delicacies. Tables at lunch are usually easy to come by, though you might want to book for dinner.

O Pescador

Rua das Flores 10, Cascais ☎214 832 054. Mon–Sat 12.30–3pm & 7.30–11pm. One of several places close to the fish market, this one offers superior fish meals. Good food, smart decor and efficient service; bookings advised for dinner.

Pintos

Arcadas do Parque 18b, Estoril. Mon & Wed–Sun 8am–2am. Multifaceted place which quadruples as an inexpensive restaurant, *marisqueira*, *pastelaria* and pizzeria; the main draw is the outdoor seating facing the park.

Bars and clubs

Caramba

Praia de Tamariz, Estoril ☎214 661 926. Daily noon–4am. Large beachside café-bar by day which turns into a lively and loud disco bar after dark, with nightly DJ sessions.

Coconuts

Avda Rei Humberto II de Itália 7, Cascais ☎214 844 109. Wed–Sat 11pm–4am. Perennially popular club attracting trendy locals and raving tourists. There's a sea-facing terrace, karaoke bar and theme nights (from foam parties to "ladies" night). Guest DJs appear on Thursdays.

John Bull

Praça Costa Pinto 31, Cascais ☎214 833 319. Daily 10am–2am. English-style pub that fills up early with a good-time crowd; it serves meals, too, at tables outside in the attractive square.

Jonas Bar

Paredão do Estoril, Monte Estoril. Daily 10am–1am. Right on the seafront between Cascais and Estoril, this is a fun spot day or night, selling cocktails, juices and snacks until the small hours.

▲ LARGO LUÍS DE CAMÕES, CASCAIS

South of the Tejo

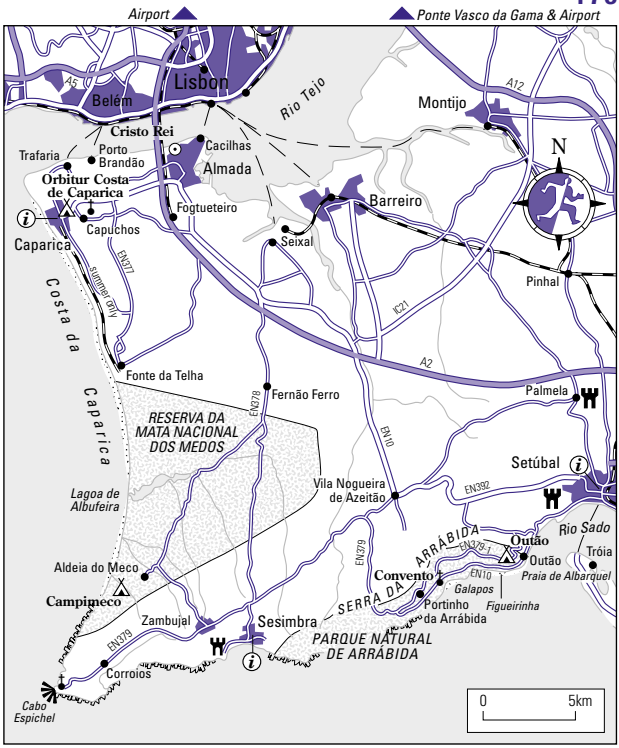
South of the River Tejo – spanned by the huge Ponte 25 de Abril suspension bridge – lies a string of largely industrial suburbs, but several enjoyable day-trip destinations provide respite from the high-rises. With your own transport, you could take in several of these on a day's circuit from Lisbon. Easiest to reach is Cacilhas, a fun ferry ride south of Lisbon, which boasts excellent seafood restaurants and fine views back over the estuary. To the west, Caparica is a high-rise resort on a superb stretch of wave-pounded beach. Further south, your choices are more restricted if you're relying on public transport. Here, there are more fine beaches – like those at Lagoa de Albufeira and Aldeia do Meco – before the coast ends at the wild headland of Cabo Espichel. East of here lie the calmer waters around Sesimbra and the Parque Natural da Arrábida, a craggy mountain range fronted by some superb, calm-watered beaches.

Cacilhas

Ferries from Estação Fluvial by Praça do Comércio (every 10min, 6am–9.30pm; €0.60 single; suspended until end of 2004) and Cais do Sodré (every 10min, 5.30am–2.30am; €0.60 single). The short, blustery ferry ride from Lisbon to Cacilhas is great fun and grants wonderful views of the city. From the ferry terminal in Cacilhas, head west towards the bridge along the waterfront, past *O Ponto Final* restaurant, and it's around fifteen minutes' walk to the **Elevador Panorâmico da Boca do Vento** (daily 8am–11.45pm; €1 return), a sleek lift which whisks you up the cliff face to the attractive old part of Almada, giving fantastic views over the river and right over the city.

On the heights above Almada stand the outstretched arms of **Cristo Rei**, a relatively modest version of Rio de Janeiro's Christ statue, built in 1959. A lift at the statue (daily:

▲ CACILHAS FERRY



June–Sept 9am–7.30pm; Oct–May 9am–6pm; €1.50; bus #101 from outside the Cacilhas ferry terminal; ⓣ212 751 000) shuttles you 80m up to a dramatic viewing platform, from where, on a clear day at least, you can catch a glimpse of the glistening roof of the Pena palace at Sintra.

Caparica

Regular express or slower local buses from Cacilhas (every 15–30min; 30min), or from Lisbon's Praça de Espanha (every 30min; 40min–1hr). Regular buses also link Caparica with Trafaria, which has ferry connections to the Estação Fluvial de Belém Belém (every 30min–1hr). Lisbon's main seaside resort, Caparica is high-rise, tacky and packed at weekends in summer, but don't let that put you off. Its family atmosphere, restaurants and beachside cafés full of tanned surfers make it a thoroughly enjoyable day out.

From May to early October, buses stop at the bus park near the beginning of the sands. In winter, buses use the station in Praça Padre Manuel Bernardes, in which case it's best to get off at the first stop in Caparica, on the edge of the leafy Praça da Liberdade, five minutes from the beach. From Praça da Liberdade the pedestrianized Rua dos Pescadores – lined

▲ BEACH FOOTBALL, CAPARICA

with cafés, restaurants and inexpensive guesthouses – heads down to the seafront.

From the beach, a **narrow-gauge mini-railway** (June–Sept departures daily every 20min; €3.50 return) runs south along 8km or so of dunes to **Fonte da Telha**, a scattered resort of beach huts, cafés and restaurants including the lovely *Bar Terminal* (see p.178). You can jump off at any one of the twenty stops en route; earlier stops tend to be family-oriented, while later ones are, on the whole, younger, with nudity (though officially illegal) more or less obligatory. This is especially true around stops 18 and 19, a predominately gay area. Fonte da Telha also has bus links with Cacilhas; the circuitous and infrequent service leaves from the top of the hill roughly every one or two hours.

Lagoa de Albufeira

Busy in summer with swimmers and windsurfers and at other times frequented by fishermen, the Lagoa de Albufeira is a lovely spot, though you'll need your own car to reach it as public transport is virtually non-existent. The lagoon is home to mallards, shovellers and woodcocks, and there's a superb neighbouring beach pummelled by surf.

Aldeia do Meco

Despite being swamped by a fair bit of development, the village of Aldeia do Meco is an attractive place, though again you'll need a car to get here. Its low cliff-backed beach, Praia do Meco, is popular with nudists; take care when swimming as the currents can be lethal. Like the other beaches on this coast, it is prone to overcrowding in July and August, but can be almost deserted out of season.

Cabo Espichel

Buses from Sesimbra (2 daily at 1.30pm & 2.50pm, return at 2pm & 3.30pm). Wild and windswept cliffs drop almost vertically several hundred feet into the Atlantic at Cabo Espichel, an end-of-the-world plateau where the road stops at a wide church square enclosed on three sides by ramshackle, arcaded eighteenth-century pilgrimage lodgings.

Sesimbra

Buses from Lisbon's Praça de Espanha (hourly 8am–7.30pm; 90min; €3). In

summer, it's usually quicker to take the ferry across to Cacilhas and pick up a bus there (every 30min 7am–midnight; 1hr; €3). Largely a holiday destination for Lisboetas, Sesimbra is still an admirable spot, with excellent swimming from the long beach and an endless row of café-restaurants. At night, families crowd the line of restaurants east of the fort, along Avenida 25 de Abril, and round the little Largo dos Bombaldes.

Sesimbra's fishing port, Porto de Abrigo, is a pleasant walk along Avenida dos Náufragos. There are daily fish auctions here, and a variety of **boat trips** departing most days during the summer: the Clube Naval offers half-day cruises on a traditional sailing boat, the *Santiago* (June–Sept usually departs daily at 10am & 1pm; from €40 per person; ⓣ212 233 451, ⓦwww.naval-sesimbra.pt); while Aquarama operates two-hour glass-bottomed boat trips (May–Sept daily at 11am & 3pm; €15; ⓣ965 263 157).

For panoramas over the surrounding countryside and coastline make the short drive (or a stiff half-hour climb from the centre) to the battlemented **Moorish castle** (open access; free) which sits on the heights above town. Within the walls are a pretty eighteenth-century church, café and cemetery.

Parque Natural da Arrábida

No public transport. Surprisingly wild and unspoilt, the Parque Natural da Arrábida is an hour or so's drive south of the capital. With a coastline sheltering some of Portugal's calmest sandy bays, the park spreads across a 500-metre-high granite ridge known as the Serra da Arrábida, visible for miles around and home to wildcats, badgers, polecats, buzzards and Bonelli eagles. The most dramatic sections of the park are crossed by two roads, the twisting N379–1, which winds across its upper stretches, and the narrow EN10-4 coastal road. Note, however, that in July and August, an elaborate one-way system operates here to control the beach traffic, with the coast road operating westwards only before 7pm.

Apart from the views, the main highlight of the upper road is the **Convento da Arrábida** (Wed–Sun 3–4pm; €3; to visit at other times call ⓣ212 180 520), built by Franciscan monks in the sixteenth century. Dazzling white buildings tumble down a steep hillside, offering stunning ocean views.

Down on the coast road, the tiny harbour village of **Portinho da Arrábida** stands at one end of the region's best beaches – wonderful out of season, when it is often

▼ LAGOA DE ALBUFEIRA

▲ PRAIA DO MECO

deserted. Diving equipment is available to rent from the Centro de Mergulho (☎212 183 197) on the beach, and there are a couple of good restaurants here too including *Beira Mar* (see p.177).

Setúbal

Buses from Lisbon's Praça de Espanha (every 30min 7am–8pm; 1hr), and from Cacilhas (hourly 7am–midnight; 50min).The large, industrial port town of Setúbal is the departure point for year-round **dolphin-watching trips** (Oct–April daily 9.30am & 3pm, dependent on the weather; minimum six people required; €28; ☎265 238 000, ✉vertigemazul@mail.telepac.pt), run by Vertigem Azul. The Sado estuary and coast off Arrábida is one of the best places in Portugal to see bottle-nosed dolphins.

José Maria da Fonseca wine vaults and museum

Rua José Augusto Coelho, Vila Nogueira de Azeitão ☎212 198 940. Mon–Fri 9am–noon & 2.15–4.15pm, Sat 10am–12.15pm & 2.15–4.30pm; €2, €3 on Sat. Advance bookings essential. Buses from Lisbon's Praça de Espanha (hourly 8am–7.30pm; 45min).The big highlight in the otherwise dull town of Vila Nogueira de Azeitão is the José Maria da Fonseca wine vaults and museum. Tours (available in English) which last 45 minutes, take in the vaults, lined with a superb series of azulejos – some dating back to the fifteenth century – and include a free tasting, providing an interesting introduction to the local wine, a Setúbal Moscatel.

Restaurants

O Barbas

Praia da Costa, Caparica ☎212 900 163. Mon & Thurs–Sun noon–2am, Tues noon–3am. With window seats looking out over the sands, *O Barbas* (The Beard) is an atmospheric beach restaurant with affordable fish to die for. You'll probably see the owner – he's the one with the huge

amounts of facial hair. From Rua das Pescadores, head north up the esplanade; the restaurant is on your right.

Beira Mar

Portinho da Arrábida ⓣ212 180 544. Mon, Tues & Thurs–Sun noon–10pm. Prominent seafront restaurant set on stilts over the water, serving a good range of moderately priced fish and seafood. *Galeão*, next door (open daily) has a similar menu and a fine outdoor terrace.

Cervejaria Farol

Alfredo Dinis Alex 1–3, Cacilhas ⓣ212 765 248. Tues & Thurs–Sun 9am–midnight. The most high-profile beer hall and seafood restaurant in Cacilhas, with some of the best views across the Tejo to match. If you feel extravagant, it's hard to beat the lobsters, though other dishes are moderately priced. Azulejos on the wall show the old *farol* (lighthouse) that once stood here – the restaurant is located along the quayside, on the right as you leave the ferry.

O Ponto Final

Rua do Ginjal 72, Cacilhas ⓣ212 760 743. Mon & Wed–Sun 12.30–11pm. Near the foot of the lift to Almada, this moderately priced restaurant has a menu packed with well-cooked Portuguese dishes; try the *carapauzinhas* (little mackerel) with tomato rice. If you want to sit outside while eating and enjoying the views, this is the place to come.

A Tasca de Ratinho

Rua Plinio Mesquita 17, Sesimbra ⓣ212 232 542. Mon–Wed & Fri–Sun noon–3.30pm & 7.30–11pm. Tucked up a side street behind Largo dos Bombaldes, this cosy place specializes in mid-priced swordfish cooked in cream and port, and has a terrace overlooking the sea.

▼ STONE CROSS IN COURTYARD, CABO ESPICHEL

▲ BARRELS FROM FONSECA WINE MUSEUM

Toni Bar

Largo dos Bombaldes, Sesimbra ☎212 233 199. Daily noon–2am. For a quality if expensive fish or shellfish meal, the *Toni Bar* at the back of the square is hard to beat. Reservations are advised in high season.

Bars

Bar Terminal

Fonte da Telha. Tues–Sun 10am–10pm, open weekends only in winter. Doubling as the terminal for the mini-railway, this is an idyllic little bar-restaurant on a wooden platform raised above the beach. Just right for a beer, but also serves snacks and the ubiquitous grilled sardine.

A Galé

Rua Capitão Leitão 5, Sesimbra. Daily 7am–midnight. On a raised terrace overlooking the sea, this popular no-frills café-bar attracts students and youthful Lisboetas. The house wine is extremely rough.

Mareante

Avda dos Náufragos 13, Sesimbra. Daily 10am–2am. Sleek place that's a café-bar by day and a booming music bar after dark, with occasional live music.

Tarquinho Bar

Praia da Costa, Caparica. Mon–Thurs & Sun 10am–7pm, Fri & Sat 10am–midnight. Popular surfers' hangout right on the seafront promenade, with cocktails, sangria and snacks served at wooden outdoor tables shaded by straw-mat roofs.

Accommodation

Accommodation

Hotels

Lisbon has some sumptuous **hotels** set in historic buildings and palaces, along with numerous less exclusive options in and around the centre. Besides hotels, there are **pensions** (*pensões*; singular *pensão*) and **guesthouses** (*residenciais*; singular *residencial*) – the only difference between the last two being that some *pensões* serve meals, while *residenciais* do not. Pensions and guesthouses are officially graded from one to three stars, with the more basic ones having little more than a sink in the room, while three-star places usually include en-suite bathroom facilities, telephone and a TV.

Prices given below are for the cheapest double room available in high season (though expect big increases on these prices during the Euro 2004 competition). Prices drop considerably out of season. All the pensions, guesthouses and hotels reviewed below have an en-suite bath or shower unless otherwise stated. Many of them include breakfast. comprising anything from bread, jam and coffee to a generous spread of rolls, cereals, croissants, cold meat, cheese and fruit.

The Baixa

Hotel Duas Nações Rua da Vitória 41 ☎213 460 710, ℗213 470 206. Classy, pleasantly faded nineteenth-century hotel with a secure entrance and helpful, English-speaking reception. Surprisingly quiet for so central a location. €60.

Pensão Prata Rua da Prata 71–3° ☎213 468 908. You'll need mountaineering experience to climb the stairs to this pension, which has small rooms in a welcoming, family-run apartment. Some rooms have their own showers (€40; toilets are separate), while others share a clean bathroom at a bargain €25.

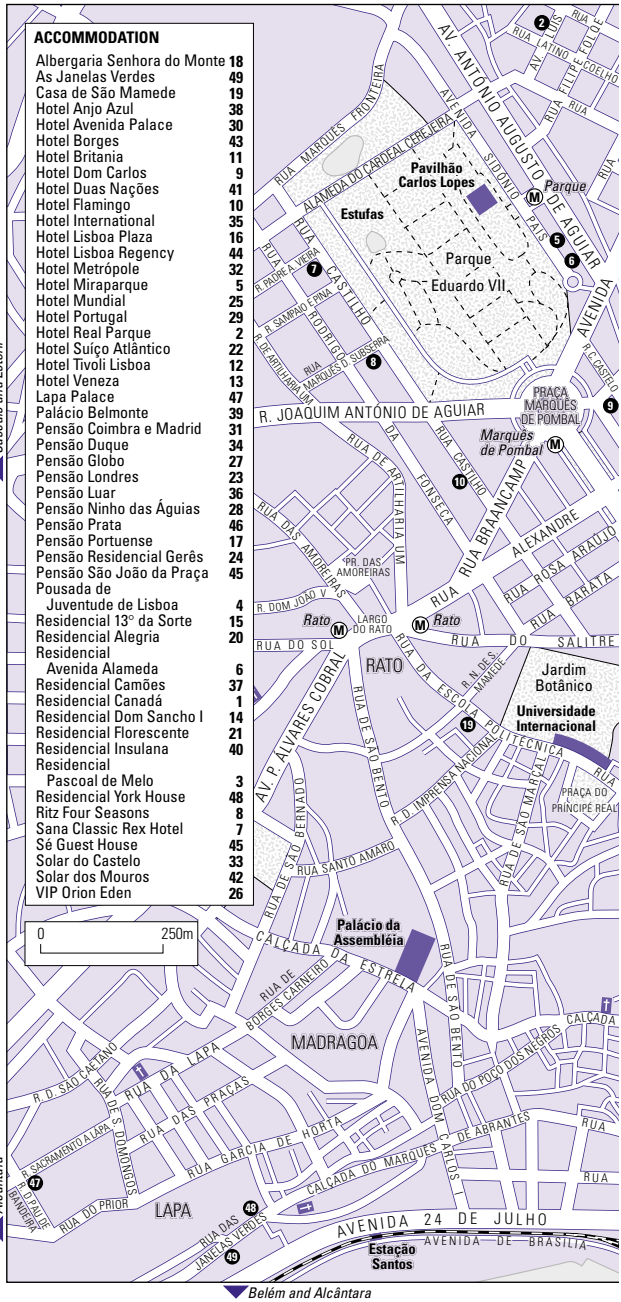
Residencial Insulana Rua da Assunção 52 ☎213 423 131,℗213 428 924. Reached via a series of underwear shops, this is one of the more upmarket Baixa options, with carpeted entrance hall, smart rooms, English-speaking staff and its own bar overlooking a quiet pedestrianized street. €55.

Rossio and around

Hotel Avenida Palace Rua 1° Dezembro 123 ☎213 460 151, ⓦwww.hotel-avenida-palace.pt. Built at the end of the

Booking accommodation

The main tourist offices (see p.196 for details) can provide accommodation lists, but won't reserve rooms for you. In the summer months, in particular, email, fax or telephone a **reservation** at least a week in advance; most owners understand English. It is also advisable to **reconfirm** any booking a day or two in advance and, ideally, to get written confirmation, as some places have been known to deny all knowledge of verbal reservations during busy times. **At Easter and in summer** room availability is often stretched to the limit, with prices artificially inflated (though August is often considered mid-season, as most locals clear out of the city). At these times you should be prepared to take anything vacant and, if need be, look around the next day for somewhere better or cheaper. Fortunately, during most of the year you should have little difficulty in finding a room and you can always try to knock the price down at quieter times, especially if you can summon a few good-natured phrases in Portuguese.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R. DE ARTILHARIA UM
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RUA DO PRIOR
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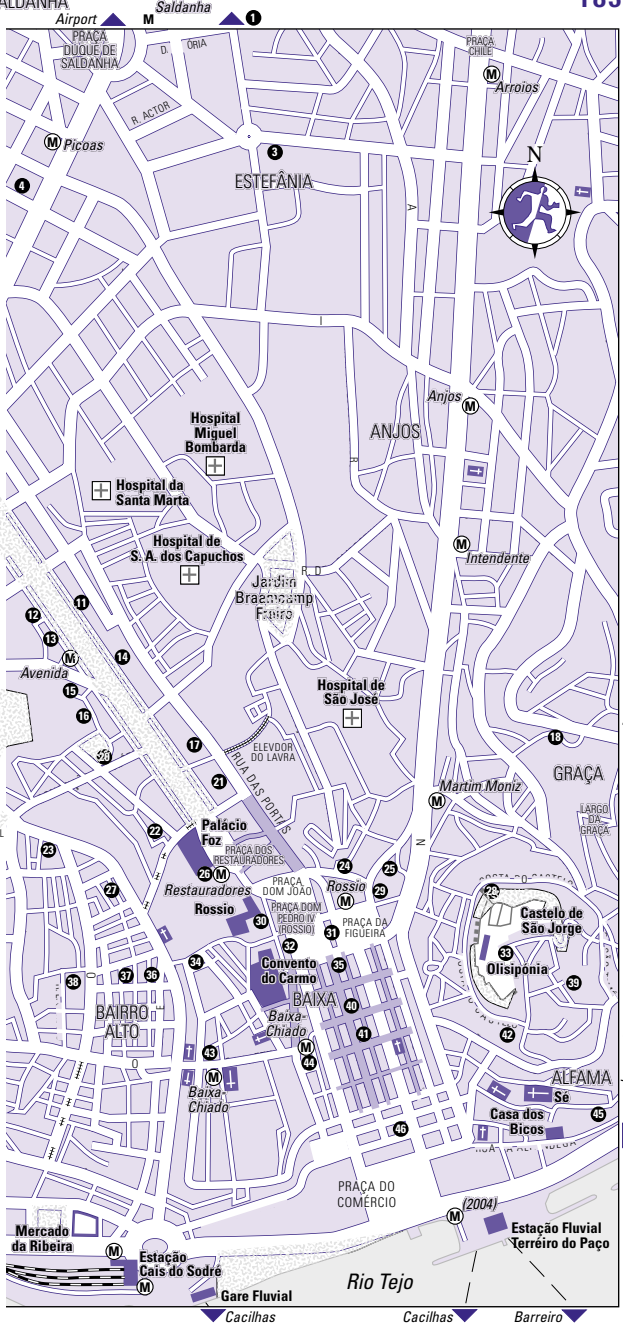
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BAIRRO ALTO
ALFAMA
Sé
Casa dos Bicos
Santa Apolónia
PRAÇA DO COMÉRCIO
(2004)
Estação Fluvial Terréiro do Paço
Mercado da Ribeira
Estação Cais do Sodré
Gare Fluvial
Rio Tejo
Cacilhas
Cacilhas
Barreiro

Addresses

Addresses are written in the form "Rua do Crucifixo 50–4°", meaning the fourth storey of no. 50, Rua do Crucifixo. The addition of e, d or r/c at the end means the entrance is on the left (*esquerda*), right (*direita*) or on the ground floor (*rés-do-chão*). Don't be unduly put off by some fairly insalubrious staircases, but do be aware that rooms facing onto the street can often be unbearably noisy.

nineteenth century, and rumoured to have a secret door direct to neighbouring Rossio station, this is one of Lisbon's most historic and grand hotels. Despite extensive modernization, the traditional feel has been maintained with stacks of chandeliers, period furniture, mirrors and marble throughout. There are eighty spacious rooms, each with high ceilings and colossal bathrooms. British artists Gilbert and George stay here on their frequent Lisbon visits. €200.

Hotel International **Rua da Betesga 3 ⓣ213 240 990, ⓕ213 290 999.** Two-star central hotel set in a traditional building, and if you get one of the – albeit small – rooms with a balcony overlooking the city, you'll not be disappointed. There's also a bar and a friendly reception. €65.

Hotel Metrópole **Rossio 30 ⓣ213 469 164, ⓦwww.almeidahotels.com.** Characterful turn-of-the-century hotel, with an airy lounge bar (and most rooms) offering superb views over Rossio and the castle. The simply furnished but spacious rooms are comfortable, but you pay for the location and the square can be pretty noisy at night. €147.

Hotel Mundial **Rua Dom Duarte 4 ⓣ218 842 000, ⓦwww.hotel-mundial.pt.** Central four-star high-rise, with around three hundred rooms, at the southern edge of the broad Largo Martim Moniz. Although a little sterile, there's a Moorish-inspired rooftop terrace and great views from the eighth-floor restaurant. Rooms aren't always huge, but come with plush bathrooms. A large but poor-quality buffet breakfast is included. Disabled access. €150.

Hotel Portugal **Rua João das Regras 4 ⓣ218 877 581, ⓕ218 867 343.** Amazing old hotel that has suffered an appalling conversion, with its high decorative ceilings chopped up by wall partitions. Nevertheless, the rooms are comfortable and air conditioned, the bathrooms are marble-lined and there's an ornate TV room with period furniture. €70.

Hotel Suíço Atlântico **Rua da Glória 3–19 ⓣ213 461 713, ⓔh.suisso.atlantico@grupofbarata.com.** Popular mid-range hotel in a good location, close to the *elevador* to Bairro Alto. Rooms are fairly standard, though some come with balconies looking down on to seedy Rua da Glória. The mock-baronial bar and bright breakfast room are the best bits. €55.

Pensão Coimbra e Madrid **Praça da Figueira 3–3° ⓣ213 424 808, ⓕ213 423 264.** Best budget choice on the square is this large, decently run (if faintly shabby) *pensão*, above the *Pastelaria Suíça*, with superb views of Rossio, Praça da Figueira and the castle beyond from (street-honkingly noisy) front-facing rooms. Some have their own shower or bath (€40), otherwise €25.

Pensão Portuense **Rua das Portas de Santo Antão 151–153 ⓣ213 464 197, ⓔrportuense@net.sapo.pt.** Singles and doubles in a family-run place that takes good care of its guests – there's even Internet access on request. The spacious bathrooms are kept meticulously clean, the water stays hot, and breakfast features crisp fresh bread and preserves. €50.

Pensão Residencial Gerês **Calçada da Garcia 6 ⓣ218 810 497, ⓕ218 882 006.** Set on a steep side street just off Rossio, the beautifully tiled entrance hall and chunky wood doors set the tone for one of the more characterful central options. The simple rooms of varying sizes are minimally furnished, though all have TVs; some have a bathroom. €55.

Residencial Florescente **Rua das Portas de Santo Antão 99 ⓣ213 426 609, ⓕ213 427 733.** The best guesthouse on this

pedestrianized street. There's a large selection of rooms across four floors (some with TV and small bathroom) so if you don't like the look of the room you're shown – and some are very cramped – ask about alternatives. Be warned that street-facing rooms can be noisy. Breakfast is included. €70.

VIP Orion Eden **Praça dos Restauradores 18–24 ⓣ213 216 600, ⓦwww.viphotels.com.** Compact studios and apartments sleeping up to four people are available within the impressively converted Eden cinema. They are somewhat cheaply furnished, but get a ninth-floor apartment with a balcony and you'll have the best views and be just below the superb breakfast bar and rooftop pool. All studios come with dishwashers, microwaves and satellite TV. Disabled access. €125 for studios and double apartments, €180 for larger apartments.

The Alfama

Pensão São João da Praça **Rua de São João da Praça 97–2° ⓣ218 862 591, ⓕ218 881 378.** Attractive town house with street-facing wrought-iron balconies, though the rooms are slightly shabby. It's a quiet and friendly if simple choice with a range of rooms (all rates including breakfast), from €40 with shared bathroom up to €55 with bath.

Sé Guest House **Rua de São João da Praça 97–1° ⓣ218 864 400, ⓕ263 271 612.** Run by a welcoming family from Mozambique (who speak good English), this beautifully done-up nineteenth-century town house features wooden floors and bright, airy rooms with TVs and minibars. Despite the communal bathrooms, it has a more upmarket feel than the *Pensão São João da Praça* in the same building. A substantial breakfast included in the price; €60.

Castelo, Mouraria and Graça

Albergaria Senhora do Monte **Calçada do Monte 39 ⓣ218 866 002, ⓔsenhoradomonte@hotmail.com.** Comfortable, modern hotel in a beautiful location with views of the castle and Graça convent from the south-facing rooms, some of which have terraces. Breakfast (included in the price) is taken on the fourth-floor terrace, and private parking is available. To get there, head north from Largo da Graça, taking the first left into Rua Damasceno Monteiro – Calçada do Monte is the first right. €120.

Palácio Belmonte **Pateo Dom Fradique 14 ⓣ218 862 582, ⓦwww.palaciobelmonte.com.** If you have over €500 a night to burn for a special occasion, check availability at this private club which rents out rooms. A highly atmospheric fifteenth-century palace, the property essentially retains its original decor apart from the odd designer bathroom. Dazzling eighteenth-century azulejos, soaring ceilings and wood floors set the tone for the six individual suites, including one set in a tower with a 360-degree view of Alfama. There's also a small garden with plunge pool and terrace. Upwards of €500.

Pensão Ninho das Águias **Costa do Castelo 74 ⓣ218 854 070.** Beautifully sited in its own view-laden terrace-garden, on the street looping around and below the castle, this is justifiably one of the most popular budget places in the city. Climb up the staircase and past the birdcages. Rooms are spartan but bright. Book in advance, though, as there are just fourteen rooms. €45 for en-suite facilities, otherwise €40.

Solar do Castelo **Rua das Cozinhas 2 ⓣ218 870 909, ⓦwww.heritage.pt.** A beautifully renovated eighteenth-century mansion abutting the castle walls on the site of the former palace kitchens, parts of which remain. Just fourteen rooms cluster found a tranquil inner courtyard, where you can enjoy a vast buffet breakfast. It's not cheap and rooms aren't enormous, but most boast balconies overlooking the castle grounds, and service is second to none. €215.

Solar dos Mouros **Rua do Milagre de Santo António 6 ⓣ218 854 960, ⓦwww.solardosmouros.pt.** A tall, recently renovated town house done out in a contemporary style that won't appeal to all tastes, but each of the eight rooms offers superb vistas of river or the castle, and

there's plenty of modern art to enjoy if you tire of the view. €200.

Cais do Sodré and Chiado

Hotel Borges Rua Garrett 108 ☎213 461 951, ℗213 426 617. In a prime spot on Chiado's main street, this traditional and elegantly furnished hotel is very popular. The rooms themselves are plain and aren't huge but are good value. Breakfast included. €65.

Hotel Lisboa Regency Chiado Rua Nova do Almada 114 ☎213 256 100, ⓦwww.regency-hotels-resorts.com. For style and modern flare it would be hard to find a better central hotel. Designed by Álvaro Siza Viera – the architect responsible for the Chiado redevelopment – and with Oriental-inspired interior decor by the highly rated Portuguese designer Pedro Espírito Santo, the *Lisboa Regency* is spacious and uncluttered. Orange segment-shaped windows give glimpses of Chiado in one direction and the whole city in the other. The cheapest rooms lack much of an outlook, but the best ones have terraces with stunning views towards the castle – a view you get from the bar terrace too. All rooms have fax points and modems. €154.

The Bairro Alto

Hotel Anjo Azul Rua Luz Soriano 75 ☎213 478 069, ⓔanjoazul@mail.telepac.pt. The city's first gay hotel, the "Blue Angel" is set in a lovely blue-tiled town house right in the heart of the area's nightlife. There are just twelve simple but attractive rooms (€30), some with en-suite facilities (€40), and very helpful staff.

Pensão Duque Calçada do Duque 53 ☎213 463 444. Set on steep steps off Largo T. Coelho, heading down to Rossio, this basic but decent choice is clear of the nightlife noise, with shared bathrooms. €30.

Pensão Globo Rua do Teixeira 37 ☎213 462 279. Attractive house in a relatively quiet street, bang in the middle of the Bairro Alto. Rooms are varied: all are simple and most are reasonably large with TVs, though those right at the top are a little cramped, and avoid those without windows. €30.

Pensão Luar Rua das Gáveas 101–1° ☎213 460 949. Polished interior and decently furnished rooms (with and without shower), which are comfortable but varying in size, so ask to see first. Don't expect a quiet night as this is right in the heart of the nightlife. €40.

Residencial Camões Trav. do Poço da Cidade 38–1° ☎213 467 510, ℗213 464 048. Small rooms, the best with balconies (others are somewhat gloomy), right in the heart of the Bairro Alto – so expect lots of noise, especially at weekends. A superb breakfast is provided (April–Oct only) in a pleasant dining room, and the English-speaking owners are very friendly. €45, or €35 with shared bath.

Princípe Real and around

Casa de São Mamede Rua da Escola Politécnica 159 ☎213 963 166, ℗213 951 896. On a busy street north of Praça do Princípe Real, this is a superb seventeenth-century town house with period fittings, bright breakfast room and even a grand stained-glass window. Rooms are rather ordinary, but all are equipped with TV. €75.

Pensão Londres Rua Dom Pedro V 53 ☎213 462 203, ℗213 465 682. Wonderful old building with high ceilings and pleasant enough rooms spread across a couple of floors. Some come with tiny bathrooms (€70), though others without are much cheaper (€42), and breakfast is included. It has a reputation as a gay-friendly hotel, though not exclusively so.

São Bento, Estrela and Lapa

As Janelas Verdes Rua das Janelas Verdes 47 ☎213 218 200, ⓦwww.heritage.pt. Highly recommended, this discreet, eighteenth-century town house, where Eça de Queirós wrote *Os Maios*, is

just metres from the Museu de Arte Antiga. Well-proportioned rooms come with marble bathrooms, period furnishings and pictures, and breakfast is served in the delightful walled garden. Top-floor rooms command spectacular river views. Advance booking recommended. €250.

Lapa Palace **Rua do Pau da Bandeira 4 ⓣ213 949 494, ⓦwww.orient-express.com.** A stunning nineteenth-century mansion set in its own lush gardens, with dramatic vistas over the Tejo. Rooms are luxurious, and those in the Palace Wing are each decorated in a different style, from Classical to Art Deco. In summer, grills are served by the outdoor pool. There's also a health club, disabled access and a list of facilities as long as your arm, from babysitting to banqueting. €375.

Residencial York House **Rua das Janelas Verdes 32 ⓣ213 962 435, ⓦwww.yorkhouselisboa.com.** Located in a sixteenth-century convent (and hidden from the main street by high walls), rooms here come with rugs, tiles and four-poster beds. The best are grouped around a beautiful interior courtyard, where drinks and meals are served in summer, and there's a highly rated restaurant. Advance bookings recommended. €200.

Alcântara and the riverfront

Pestana Palace Hotel **Rua Jau 54 ⓣ213 615 600, ⓦwww.pestana.com.** Set in an early twentieth-century palace full of priceless works of art, most rooms at this five-star hotel are in tasteful modern wings that stretch either side of UNESCO World Heritage gardens. Most rooms have large terraces and lie a short walk from a sushi bar, a sunken outdoor pool with a fountain to swim out to, and an inside pool and health club. Price includes a vast breakfast in the former ballroom. €300.

Avenida da Liberdade and around

Hotel Britania **Rua Rodrigues Sampaio 17 ⓣ213 155 016, ⓦwww.heritage.pt.** Designed in the 1940s by influential architect Cassiano Branco, this is a characterful option with good-sized rooms. It doesn't look much from the outside, but the marble-clad bathrooms and a classic Art Deco interior have been declared of national architectural importance. A superb buffet breakfast is included. €180.

Hotel Dom Carlos **Avda Duque de Loulé 121 ⓣ213 512 590, ⓦwww.domcarloshoteis.com.** Decent three-star just off Praça Marquês de Pombal, with fair-sized rooms. Some overlook the neighbouring police and fire stations, which can add to the noise, but there's a downstairs bar and the price includes a good buffet breakfast. €120.

Hotel Flamingo **Rua Castilho 41 ⓣ213 841 200, ⓔhotelflamingo@netcabo.pt.** Friendly, slightly faded hotel, but with an appealing atmosphere, just west of the avenue. Small rooms have cable TV and minibars. The downstairs bar looks like the setting for a US sitcom. €70.

Hotel Lisboa Plaza **Trav. Salitre 7 ⓣ213 218 200, ⓦwww.heritage.pt.** Just off Avenida da Liberdade, this bright, polished, four-star hotel is a real treat – dried flowers everywhere, marble bathrooms, bar, restaurant (good breakfast included), and views of the botanical garden from the rear rooms. Disabled access. Recommended. €156.

Hotel Veneza **Avda da Liberdade 189 ⓣ213 522 618, ⓦwww.3khoteis.com.** Built in 1886, the distinguishing feature of this former town house is an ornate staircase, now flanked by modern murals of Lisbon. The smallish rooms are less individually styled, with dull furnishings. However, the price includes a good buffet breakfast. Disabled access. €130.

Residencial 13° da Sorte **Rua do Salitre 13 ⓣ213 531 851, ⓕ213 956 946.** Its name translates roughly as "Lucky 13" and the owners are indeed fortunate with this well-run and good value guesthouse set in a tall, traditional building. Spacious rooms are spread across five floors, each with a TV and minibar; breakfast not included. €45.

Residencial Alegria **Praça da Alegria 12 ⓣ213 220 670, ⓔmail@alegrianet.com.** Great position, facing the leafy Praça da Alegria ("Happy Square") and featuring spa-

cious, spotless rooms with TVs. €40.

Residencial Dom Sancho I **Avda da Liberdade 202–2° ⓣ213 548 648, ⓔdsancho@iol.pt.** One of the few inexpensive options right on the avenue and, what's more, set in a grand old mansion with high ceilings and decorative cornices – though, as you'd expect, the front rooms are noisy. The large, air-conditioned rooms come with TVs; breakfast (included in the price) is served in a back room. €70.

Tivoli Lisboa **Avda da Liberdade 185 ⓣ213 198 900, ⓦwww.tivolihotels.com.** Flash five-star hotel with cavernous lobby-lounge, three hundred soundproofed rooms, an outdoor pool, tennis courts and garden. Breakfast is included and there's a top-floor grill-restaurant with superb city views. Disabled access. €195.

Around Parque Eduardo VII

Hotel Miraparque **Avda Sidónio Pais 12 ⓣ213 524 286, ⓔmiraparque@esoterica.pt.** Housed in an attractive building overlooking Parque Eduardo VII, the *Miraparque* is pleasantly old-fashioned, though the reception staff can be a bit brusque. All rooms come with TV, and there's a decent bar and restaurant. €95.

Hotel Real Parque **Avda Luís Bívar 67 ⓣ213 199 000, ⓦwww.realparque.pt.** Modern four-star in a quiet part of town, a short walk from Parque Eduardo VII and the Gulbenkian (and from Picoas and Parque metros), complete with its own restaurant, coffee shop and bar. Rooms are spacious and individually furnished in contemporary style. Disabled access. €150.

Residencial Avenida Alameda **Avda Sidónio Pais 4 ⓣ213 532 186, ⓕ213 526 703.** Very pleasant three-star *residencial* with air-conditioned rooms, all with park views; breakfast included. €60.

Ritz Four Seasons **Rua Rodrigo da Fonseca 88 ⓣ213 811 400, ⓦwww.fourseasons.com.** This vast building is one of the grandest – and most expensive – hotels in the city, with huge, airy rooms, terraces overlooking the park, and public areas replete with marble, antiques, old masters and overly attentive staff. There's also a fitness centre, spa and highly rated restaurant. Disabled access. €450.

Sana Classic Rex Hotel **Rua Castilho 169 ⓣ213 882 161, ⓦwww.sanahotels.com.** One of the less outrageously priced hotels in this neck of the woods, with an in-house restaurant and small but well-equipped rooms. The best are at the front, sporting large balconies overlooking Parque Eduardo VII. €150.

Northern Lisbon

Residencial Canadá **Avda Defensores de Chaves 35 1–4° ⓣ213 513 480, ⓕ213 542 922.** Close to the main bus station, this is excellent value for money, with biggish, airy rooms with TVs, kept immaculate by a bevy of charming ladies. There's also a sunny breakfast room and lounge area. €65.

Residencial Pascoal de Melo **Rua Pascoal de Melo 127–131 ⓣ213 577 639, ⓕ213 144 555.** A spotless three-star *residencial* near Largo Dona Estefânia, with friendly staff and an azulejo-lined entry hall. Rooms are neat and come with TV and balcony. €35.

Sintra

See map on p.156

Hotel Central **Praça da República 35, Sintra-Vila, ⓣ219 230 964 ⓔhotelcentral@netcabo.pt.** Comfortable nineteenth-century two-star hotel, opposite the Palácio Nacional, with polished wood and tiles throughout. Triple rooms are available, too, and there are good off-season discounts. Breakfast is included. €75.

Lawrence's Hotel **Rua Consigliéri Pedroso 38–40, Sintra-Vila ⓣ219 105 500, ⓔlawrences@mail.telepac.pt.** This lays claim to being the oldest hotel in Portugal, dating from 1764 (and claiming a visit from Byron) but reopened as a five-star under Dutch ownership in 1999. There are just eleven spacious rooms and five suites, all simply though elegantly furnished, and plenty of comfortable communal areas,

including a highly rated restaurant which serves traditional but pricey Portuguese cuisine. The price includes a substantial buffet breakfast. The hotel can also organize golfing packages. €240.

Palácio de Seteais **Rua Barbosa du Bocage 8 ⓣ219 233 200, ⓦwww.tivolihotels.com.** The "Seven Sighs", one of the most elegant palaces in Portugal, is on the Monserrate road, a few minutes' drive from the centre of Sintra-Vila. Completed in the last years of the eighteenth century and maintained today as an immensely luxurious hotel, it even boasts a majestic Neoclassical arch. The large rooms have period furniture and superior furnishings – they're very popular with honeymooners – while the landscaped garden has its own superb pool. €285.

Pensão Nova Sintra **Largo Afonso d'Albuquerque 25, Estefânia ⓣ219 230 220, ⓕ219 107 033.** Very smart *pensão* in a big mansion, whose elevated terrace-café overlooks a busy street. The modern rooms all have TV and shiny marble floors, and a good breakfast is included. €70.

Piela's **Rua João de Deus 70–72, due to move to Avda Desiderio Cambournac 1–3, Estefânia in 2004. ⓣ219 241 691.** The ever-popular budget accommodation above a café right by the station is due to relocate to a swish, renovated town house above a cybercafé; phone ahead to check the latest with the welcoming English-speaking proprietor; the telephone number and room prices will stay the same (€35 with shared facilities, €55 for larger rooms with bath).

Residencial Sintra **Trav. dos Alvares, São Pedro ⓣ & ⓕ219 230 738, ⓔpensao.residencial.sintra@clix.pt.** Rambling old *pensão* with soaring ceilings, wooden floors and oodles of character. There's a substantial garden with a swimming pool and the giant rooms can easily accommodate extra beds – so it's great for families. You'll need to book ahead in summer. €90.

The Sintra coast and Queluz

Hotel Arribas **Praia Grande ⓣ219 289 050, ⓦwww.hotelarribas.com.** This modern three-star hotel is plonked ungraciously at the north end of the beach, the only building right on the sands. Rooms are enormous and those with a sea view are hard to fault. There are also sea-water swimming pools, a restaurant and café terrace with more great views. €105.

Pousada Dona Maria I **Largo do Palácio, Palácio de Queluz, Queluz ⓣ214 356 158, ⓦwww.pousadas.pt.** The pink-faced *pousada* (government-run inn), with its distinctive clock tower, gives you the chance to stay in an annexe of one of Lisbon's grandest palaces. It was once used as the palace staff quarters, and they must have lived very comfortably: the rooms are huge and the furnishings are lavish, with ornate drapes and big comfy chairs. Disabled access. €170.

Cascais

See map on p.156

Farol Design Hotel **Avda Rei Humberto II de Italia, Cascais ⓣ214 823 490, ⓦwww.cascais.org.** Right on the seafront, this is an ideal option if you like both traditional and contemporary architecture. A new designer wing has been welded onto a sixteenth-century villa, and the decor combines wood and marble with modern steel and glass. The best rooms have sea views and terraces, and there's also a bar, restaurant and outdoor pool facing the rocks. Staff wear alarming, surgeon-like uniforms. €240.

Hotel Albatroz **Rua Frederico Arouca 100, Cascais ⓣ214 847 380, ⓦwww.albatrozhotels.com.** Built in the nineteenth century as a royal retreat, seaside hotels don't come much grander than this – one of the best in the region, with glorious views from some rooms (for which you pay extra) and top-of-the-range facilities. There's a lovely swimming pool on the ocean terrace, and a restaurant. Big winter reductions apply. €310.

Hotel Baía **Avda C. Grande Guerra, Cascais ⓣ214 831 033, ⓕ214 831 095, ⓦwww.hotelbaia.com.** Large seafront hotel boasting 113 rooms; front ones have

balconies overlooking the beach and harbour. There's a great rooftop terrace complete with a covered pool, and a downstairs restaurant. €120.

Solar Dom Carlos **Rua Latino Coelho 8, Cascais ⓣ214 828 115, ⓦwww.solardomcarlos.com.** The best affordable place in town, set in a sixteenth-century mansion on a quiet backstreet in the pretty western side of Cascais. Dom Carlos once stayed here, hence the royal chapel, which still survives. There are cool tiles throughout, attractive rooms, a garden, and the price includes breakfast. €60.

Village Cascais **Rua Frie Nicolau de Oliveira ⓣ214 826 000, ⓦwww.vilagale.pt.** A large, modern package hotel occupying a superb position near an unspoilt part of the coast. Good for families, it has palm-studded grounds, spacious rooms with satellite TV, a bar and restaurant. €155.

South of the Tejo

Pensão Real **Rua Mestre Manuel 18, Caparica ⓣ212 918 870, ⓕ212 918 879.** Friendly and reasonable central *pensão*, a few minutes' walk from the beach, just off Rua dos Pescadores. Small but pleasant rooms come with TV and bath and some have balconies and distant sea views. The price includes breakfast. €75.

Sana Park **Avda 25 de Abril, Sesimbra ⓣ212 289 000, ⓦwww.sanahotels.com.** The best upmarket choice in Sesimbra, right on the seafront. The plush rooms have TVs and baths, and there's a sauna and pool (open to non-guests), a restaurant and groovy rooftop bar. €120, or €150 for sea views.

Hostels

The central **booking office** for Portugal's youth hostels (*pousadas de juventude*) is Movijovem, near metro Saldanha at Avda Duque de Ávila 137 (ⓣ217 232 100, ⓦwww.pousadasjuventude.pt). A youth hostel card is required for all Portuguese hostels, but if you don't have one you can buy one on your first night's stay.

Lisboa Parque das Nações **Rua de Moscavide 47–101, Parque das Nações ⓣ218 920 890, ⓔliboaparque@movijovem.pt. Map p.150.** About five minutes' walk northeast of the Torre Vasco da Gama, towards the bridge, this smart, modern youth hostel has a pool table and disabled access. Ten double rooms at €35 per room and eighteen four-bedded dorms at €12.50 per person.

Pousada de Juventude da Almada **Quinta do Bucelinho, Pragal, Almada ⓣ212 943 491, ⓔalmada@ movijovem.pt.** On the south side of the Tejo – with terrific views back over Lisbon – this is not particularly convenient for sightseeing in the city, but is within striking distance of the Caparica beaches and Cacilhas. It has a games room, disabled access and Internet facilities. Over twenty four-bedded dorms at €12.50 per person, and thirteen twin-bedded rooms with their own toilets at €35 per room; also apartments for €60.

Pousada de Juventude de Lisboa **Rua Andrade Corvo 46 ⓣ213 532 696, ⓔlisboa@movijovem.pt. Map pp.182–183.** This is the main city hostel, set in a rambling old building by metro Picoas, with a small bar (open 6pm to midnight), canteen (reserve meals in advance; served 1–2pm & 7–8pm), TV room and disabled access. Thirty rooms sleeping four or six people (with shared bathrooms) for €15 per person; or doubles with private shower for €42 per room. The price includes breakfast.

Pousada de Juventude de Sintra **Santa Eufémia, São Pedro de Sintra ☎219 241 210, ✉sintra@movijovem.pt. Map p.156.** Sintra's rustic but comfortable youth hostel is 6km from the train station, so it's best if you catch local bus #435 to São Pedro from the station via Sintra-Vila (roughly every 40min) and walk the remaining 2km from there. Meals are served if you can't face the hike down into town and back. Beds in the dorm cost from €10.50, double rooms from €25.

Campsites

There are some decent campsites within commuting distance of Lisbon, including near the Atlantic beaches of Costa da Caparica, Guincho and Praia Grande, or near beaches south of the Tejo. Expect to pay around €5 per person (half-price for children) and from €5 per tent in high season. The Portuguese camping organization is **Orbitur** (🌐www.orbitur.pt). Members get a ten percent discount at their campsites in the Lisbon region. Check out 🌐www.roteiro-campista.pt for details of other campsites.

Campimeco **Praia das Bicas, 2km northwest of Aldeio do Meco ☎219 747 669, ℗219 748 728. Map p.173.** Upmarket campsite short walk from Praia das Bicas, with tennis courts, restaurant, pool and mini-market.

Camping Praia Grande **Praia Grande ☎219 290 581, ✉wondertur@ip.pt. Map p.163.** Attractively sited campsite with decent facilities less than 1km from the beach at Praia Grande.

Orbitur Costa de Caparica **Avda Afonso de Albuquerque, Quinta de St António, Monte de Caparica ☎212 901 366, ✉info@orbitur.pt. Map p.173.** One of the few campsites in Caparica open to non-members, with good facilities including tennis courts, but it's not for those looking for solitude.

Orbitur Guincho **Lugar da Areia, Guincho ☎214 870 450, ✉info@orbitur.pt. Map p.163.** Close to Guincho beach among the pine trees, and served by bus from Cascais. Has tennis courts, mini-market and café, with bungalows and caravans for rent too.

Outão **Praia de Albarquel ☎265 238 318. Map p.173.** Simple campsite set amongst trees, close to the small Praia de Albarquel, 5km east of Pontinho da Arrábida.

Parque Municipal de Campismo **Estrada da Circunvalação, Parque Florestal de Monsanto ☎217 623 100, ℗217 623 106.** The main city campsite is very well equipped, complete with bungalows, a swimming pool and shops. It lies 6km west of the centre, with the entrance on the park's west side. Bus #43 from Praça da Figueira via Belém.

Essentials

Essentials

Arrival

Whatever your point of arrival, it is easy to get to central Lisbon. The airport is right on the edge of the city and is well served by buses and taxis, and the city's train stations are all centrally located with direct access to the metro. The two main bus stations are also close to metro stops.

By air

The **aeroporto** da Portela (Ⓣ218 413 700) is just twenty minutes north of the city centre and has a tourist office (daily 6am–midnight, Ⓣ218 494 323), a 24-hour exchange bureau, currency exchange machines, ATMs and left-luggage facilities.

The easiest way to get into the centre is by **taxi**; a journey to Rossio should cost €7–10. Prepaid **taxi vouchers** are also available from the tourist office but, apart from helping you to queue-jump, don't work out any cheaper.

Alternatively, catch the #91 **Aerobus** (Ⓣ966 298 558) which departs every twenty minutes (daily 7.45am–8.45pm) from outside the terminal, and runs to Praça do Marquês de Pombal, Praça dos Restauradores, Rossio, Praça do Comércio and Cais do Sodré train station. Rides are free for TAP passengers (just show your boarding card). Otherwise on-board tickets also give you one day's travel on the city's buses and trams for €2.35 or three day's travel for €5.65. **Local buses** (#44 or #45) leave from outside the terminal to Praça dos Restauradores and Cais do Sodré station (every 10–15min, €1), though these are less convenient if you have a lot of luggage.

Direct buses to Estoril and Cascais (taking 30–40min) depart from the airport hourly (on the hour from 7am, last departure 10.30pm), costing €7 (Ⓦwww.scotturb.com).

By road and rail

Long-distance trains are run by CP (fare and timetable information on Ⓣ808 208 208, Ⓦwww.cp.pt). Coming from the north, Madrid or Paris, you'll arrive at **Santa Apolónia station** (see p.94); on the Gaivota metro line; or else take bus #9, #39, #46 or #90 to Praça dos Restauradores or Rossio. Most trains also call at **Oriente station** at Parque das Nações, on the red Oriente metro line. This station is more convenient for the airport or for the north and east of Lisbon.

Trains from the south of Portugal terminate at **Barreiro station** south of the Tejo river. From here, you catch a ferry (included in the price of the train ticket) to **Estação Fluvial** (on the Gaivota metro line), next to Praça do Comércio. Buses #9, #39, #80 and #90 run up to Rossio.

Various bus companies have terminals scattered about the city, but the main one is at **Avenida João Crisóstomo** a short walk from metro Saldanha.This terminal is also where most international bus services arrive. The main national carrier is Rede Expressos (Ⓣ707 223 344, Ⓦwww.rede-expressos.pt). Many bus services also stop at the **Oriente station** at Parque das Nações on the Oriente metro line.

Apart from Saturday afternoons and Sundays, when the city is quiet, driving round Lisbon can take years off your life and, particularly at the beginning or end of public holiday weekends, is to be avoided at all costs, though it is useful to hire a car to see the outlying sights (see p.200 for car rental companies).

Parking is very difficult in central Lisbon. Pay-and-display spots get snapped up quickly and some of the local unemployed get by on tips for guiding drivers into empty spots; scratches have been known to appear suddenly on cars whose drivers do not leave tips, so you'd be better off heading for an official **car park**, for which you can expect to pay around €8 per day. Wherever you park, do not leave valuables inside: the break-in rate in the city centre is extremely high.

Information

The **Portuguese Tourist Office** is in Praça dos Restauradores (daily 9am–8pm; ☎213 463 314, ⓦwww.portugalinsite.pt), and is useful for general information. However, far more helpful is the **Lisbon Welcome Centre** at Rua do Arsenal 15, by Praça do Comércio, near the riverfront (see map on p.68; daily 9am–8pm; ☎210 312 810, ⓦwww.atl-turismolisboa.pt), which can supply accomm- odation lists, bus timetables and maps.

There are also tourist offices at the airport and at Santa Apolónia station which can help you find accommodation, and a few smaller **"Ask Me" kiosks** dotted around town, like the ones in Largo Martim Moniz, on Rua Augusta, and within the Castelo de São Jorge (summer only). A free **telephone information line** dispenses basic information in English (Mon–Sat 9am–midnight, Sun 9am–8pm, ☎800 296 296).

There are also tourist offices in all the main daytrip destinations, with details as follows: **Sintra Turismo** (see map, p.156; daily 9am–7pm; ☎219 231 157, ⓦwww.cm-sintra.pt); **Estoril Turismo** (opposite the train station; daily; ☎214 663 813, ⓦwww.estorilcoast-tourism.com); **Cascais Turismo** (see map, p.167; daily; ☎214 868 204); **Caparica Turismo** (Avda da Liberdade 18, just off the main square; closed Sat afternoon, all day Sunday and 1–2pm; ☎212 900 071); and **Sesimbra Turismo** (Avda dos Náufragos, on the seafront; daily; ☎212 288 540).

Our **maps** will guide you around the city; Michelin's *Lisboa Planta Roteiro*, available in most good Lisbon bookshops, is the closest you'll find to an A–Z of the city.

The best **listings magazine** is *Agenda Cultural*, a free monthly produced by the town hall, which details current exhibitions and shows (in Portuguese). *Follow me Lisboa* is a watered-down English-language version produced by the local tourist office. It also publishes *Lisboa Step by Step*, a quarterly magazine with articles about the area and a brief listings section. All publications are available from the tourist offices and larger hotels. For **exhibitions and concerts**, pick up a schedule of events from the reception desks at the Gulbenkian Foundation (see p.192) or the Cultural Centre in Belém (see p.131).

City transport

Central Lisbon is compact enough to explore on foot, but don't be fooled by the apparent closeness of sights and streets as they appear on two-dimensional maps. There are some very steep hills to negotiate, although the city's quirky **elevadores** (funicular railways) will save you the steepest climbs around the Bairro Alto and Avenida da Liberdade. Elsewhere Lisbon's **trams** (*electricos*) ply the narrow streets around the Alfama and beyond. They're hardly the fastest form of transport (the modern tram to Belém being the exception) but, along with the *elevadores*, they are undoubtedly the most fun way to get around. Tram, bus and *elevador* stops are indicated by a sign marked "paragem", which carries route details.

The most efficient way to get around, however, is on the **metro**, with stations located close to most of the main sights. Suburban **trains** run from Rossio station out to Sintra and Queluz and from Cais do Sodré station to Belém, Estoril and Cascais, while **ferries** (☎218 820 348, ⓦwww.transtejo.pt) link Lisbon to Cacilhas, with bus connections to the beach resort of Caparica. They cross the Rio Tejo from various departure points and

Useful bus routes

#1 Cais do Sodré to Charneca via Lumiar, the Baixa, Avda da Liberdade, Picoas (for the youth hostel), Saldanha (for the bus station), Campo Pequeno and Campo Grande.

#27 Marquês de Pombal to Belém via Rato, Estrela, Lapa and Alcântara.

#37 Praça da Figueira to Castelo de São Jorge via the Sé and Alfama.

#44/45 Outside the airport to Cais do Sodré via Entrecampos, Saldanha, Marquês de Pombal, Avda da Liberdade and the Baixa.

#46 Santa Apolónia station to near Palácio dos Marquêses de Fronteira via Praça do Comércio, the Baixa, Avda da Liberdade, Praça Marquês de Pombal and the Fundação Gulbenkian.

are worth taking for the terrific views of Lisbon alone.

Tickets and travel passes

It's possible just to buy a ticket each time you ride, but tickets bought in advance or a travel pass can save you money.

The best-value pass is the one-day **Bilhete Turístico** (€2.75) which allows unlimited travel on buses, trams, the metro and *elevadores* until midnight of the same day. The **Passe Turístico** (€9.95 for 4 days, €14.10 for 7 days) is also good value and is obtainable – like the one-day passes – from the kiosks next to the Elevador Santa Justa, in Praça da Figueira, and inside Restauradores metro station, among other places.

If you're planning some intensive sightseeing, the **Cartão Lisboa** (€12.75 for 1 day, €21.50 for 2 days, or €26.55 for 3 days) is a good buy. The card entitles you to unlimited rides on buses, trams, *elevadores*, the metro and Art Shuttle tours (see p.198), as well as entry to or discounts on around 25 museums. It's available from all the main tourist offices, including the one in the airport.

The metro

Lisbon's efficient **metro** (see map on backflap) – the *Metropolitano* – (daily 6.30–1am; ⓣ213 558 457, ⓦ www.metrolisboa.pt) is the best way of reaching the city's main sights, with trains every few minutes. **Tickets** cost €0.65 per journey, or €5.10 for a ten-ticket *caderneta* – sold at all stations. If you think you're going to use the metro a lot, buy a *bilhete diário* (one-day metro pass; €1.40). Seven-day passes cost €4.90.

Buses, trams and elevadores

City trams and buses (daily 6am–midnight) are operated by the public transport company **Carris** (ⓣ213 613 000, ⓦ www.carris.pt). **Buses** (*autocarros*) run just about everywhere in the Lisbon area – the most useful ones are outlined in the box above.

Trams (*eléctricos*) run on five routes, which are marked on the chapter maps. Ascending some of the steepest urban gradients in the world, most are worth taking for the ride alone, especially the cross-city **tram #28** (see p.91). Another picturesque route is taken by **#12**, which circles the castle area east of the city centre, via Praça da Figueira and Largo Martim Moniz. Other useful routes are taken by the air-conditioned "supertram" **#15** from Praça da Figueira to Belém (signed Algés), and **#18**, which runs from Rua da Alfândega via Praça do Comércio to the Palácio da Ajuda. The remaining route, **#25**, runs from Rua da Alfândega to Campo Ourique via Cais do Sodré, Lapa and Estrela (see p.81).

Also particular to Lisbon are the city's four **elevadores** – three funicular railways offering quick access to the heights of the Bairro Alto (see p.106) and to the eastern side of Avenida da Liberdade (p.137); and one giant lift, the Elevador da Santa Justa (see p.69).

Sightseeing tours

Open-top bus tour The one-hour "Circuito Tejo" (hourly 11am–4pm; €13, ticket also valid on public transport) takes passengers around Lisbon's principal sights; a day-ticket allows you to get on and off whenever you want. The "Oriente Express" tour departs three times daily to Parque das Nações (see p.150) for the same price. Both tours depart from Praça do Comércio. (Information ☎966 298 558.)

Tourist tram tour The "Circuito Colinas" (Hills Tour) takes passengers on a ninety-minute ride in an early twentieth-century tram (hourly from 9am; €16), departing from Praça do Comércio and touring around Alfama, Chiado and São Bento. (Information ☎966 298 558.)

Art Shuttle Hop-on hop-off minibus tours that visit Lisbon's main sites every 15 minutes or so (May–Sept; €6 for 12 hours, €12 for 24 hrs). Reservations on ☎213 959 818, 🌐www.artshuttle.net.

River cruises Two-and-a-half-hour cruises along the Tejo depart from Praça do Comércio's Estação Fluvial (daily at 11am & 3pm), stopping at Parque das Nações (11.45am and 3.45pm, though only when tides permit) and Belém (1pm and 5pm). The price (€15) includes a drink and commentary, and tickets are valid for returns on the later boats. Reservations on ☎218 820 348.

The same **tickets** are valid on buses, trams and *elevadores* (though not on the metro or ferries), and can be bought either individually (€1 per ride) or in advance (€1, valid for two journeys) from kiosks in Praça do Comércio, Praça da Figueira and other bus terminals. Tickets are validated by punching them into the machine next to the driver when you board. Note that the modern tram #15 has an automatic ticket machine on board and does not issue change.

Taxis

Lisbon's cream **taxis** are inexpensive, with a minimum charge of €1.90 and an average ride running to €6. Fares are higher from 10pm to 6am, at weekends and on public holidays, when the minimum charge is €2.25. All taxis have meters, which should be switched on, and tips are not expected. Outside the rush hour taxis can be flagged down quite easily in the street or, alternatively, head for one of the ranks such as those outside the main train stations. At night it's usually best to get a restaurant to phone a taxi for you (which attracts an extra charge of €0.80), or try **Rádio Taxis** ☎218 119 000, **Autocoope** ☎217 932 756 or **Teletáxi** ☎218 111 100.

Festivals and events

Lisbon's calendar is punctuated by various cultural festivals and events; details can be obtained from the main tourist offices. The following is a rundown of the main ones.

The Fado/Harbour Festival

An innovative music festival held in **February** combining fado with music from other port cities from around the world: New Orleans' jazz and *rebetika* from Athens have featured in recent years.

Carnival

The **Carnival** has been revived recently with Brazilian-style parades and costumes, mainly at Parque das Nações in **February or March**.

Santos Populares

June is known for its street-partying to celebrate the saints' days – **António** (**June 13**), **João** (**June 24**) and **Pedro** (**June 29**). Celebrations for each begin on the evening before the actual day. The

main festival is for **Santo António**, a public holiday when the whole city is decked out in coloured ribbons, with pots of lucky basil on every window sill. There are festivals in each district on the evening of the 12th, with a main parade down Avenida da Liberdade also on the 12th. The best street party is in Alfama, with food and drinks stalls in just about every square. In Sintra, the main *festa* is for **São Pedro**, starting on 28 June.

Gay pride

The increasingly popular gay pride event (Arraial Pride) changes venues but has recently been held at Monsanto in **June**.

Handicrafts fair

A state-run handicrafts fair, with live folk music, is held in Estoril on the Avenida de Portugal, near the Casino in **July**. A similar event occurs during the same period at FIL, the main exhibition hall at the Parque das Nações, when international and Portuguese regional crafts are displayed and offered for sale.

The Sintra Music Festival

Held in **July** and **August** this music festival sees adventurous performances by international orchestras, musicians and dance groups in parks, gardens and palaces in and around Sintra, Estoril and Cascais. An offshoot of the festival are the "Noites de Bailado" held in the gardens of the Palácio de Seteais (see p.158) a series of ballet, dance and operatic performances, again with top international names. Tickets and programmes for all performances are available from the Gabinete do Sintra-Festival, Praça da República 23, Sintra ⓣ219 243 518, ⓦwww.cm-sintra.pt.

Jazz Numa Noite de Verão

August also sees the big annual **Jazz Numa Noite de Verão** (jazz on a summer night) festival at the Gulbenkian's open-air amphitheatre.

The Festival dos Oceanos

Celebrates Lisbon's links with the sea with a series of free events throughout the city, including street parades, music, fireworks and laser displays, in **August**.

Festival do Vinho

November 11 is the date for the festival of **São Martinho**, when the saint's day is traditionally celebrated by eating chestnuts and drinking *agua pé* – literally "foot water" – the first of the year's wine harvest. The **Festival do Vinho** (wine festival) usually starts on this day, combining a formal series of tastings with a cultural programme to promote the region's wines.

Christmas and New Year's Eve

The build-up to **Christmas** begins in early December with a huge Christmas tree filling the centre of Praça da Figueira. Distinctive hooped *bolo-rei* (dried-fruit "king cake") appears in shops and *pastelarias*. Christmas Day itself remains a family affair, with traditional midnight Mass celebrated on December 24, followed by a meal of *bacalhau*. The best place to head for on New Year's Eve is Praça do Comércio, where fireworks light up the riverfront. There are similar events at Cascais, and the Parque das Nações also hosts a **Noite Magica** (Magic Night) with a series of free events.

Directory

AIRLINES **Air France**, Avda 5 de Outubro 206 (ⓣ217 900 202); **Air Luxor**, Avda da República 101 (ⓣ210 026 800); **Alitalia**, Praça Marquês de Pombal 1–5° (ⓣ213 536 141); **British Airways**, Avda da Liberdade 36–2° (ⓣ218 486 482); **Iberia**, Rua Rosa Araújo 2 (ⓣ213 558 119); **KLM**, Campo Grande 220b (ⓣ217 955 010); **Lufthansa**, aeroporto (ⓣ214 245 155); **TAP**, Gare do Oriente, Avda Berlim (ⓣ218 958 310).

AMERICAN EXPRESS The local agent is **Top Tours**, Avda Duque de Loulé 108 ⓣ213 155 885; Mon–Fri 9.30am–1pm & 2.30–6.30pm.

Lisbon on the Internet

Specific websites are given in the text. The following are useful general sites on Lisbon and around.

Ⓦ**www.atl-turismolisboa.pt** The Lisbon Welcome Centre's comprehensive site, with details (in English) of hotels, restaurants, news and events.

Ⓦ**www.areapromocionallisboa.org**. The tourist board's site for the regions around Lisbon, including Cascais and Sintra.

Ⓦ**www.cm-lisboa.pt/turismo** The Lisbon town hall's site, good for details on upcoming events.

Ⓦ**www.paginasamarelas.pt** Portuguese version of the Yellow Pages, in Portuguese and English.

Ⓦ**www.portugalinsite.pt** The official Portuguese website, run by ICEP (Investments, Trade and Tourism of Portugal), containing information about various tourist attractions and some practical advice.

Ⓦ**www.portugalvirtual.pt** Comprehensive directory of everything Portuguese from hotels to shops, tourist sites to businesses.

Ⓦ**www.portuguesewine.com** A rundown of the best ports and madeiras, and reviews of the different wine-producing regions of Portugal.

BANKS AND EXCHANGE Usual bank **opening hours** are Monday to Friday 8.30am to 3pm. Most main branches are located in the Baixa district and are equipped with automatic exchange machines for various currencies and denominations. Changing cash in banks is easy, too, and shouldn't attract more than €3 commission, though not all banks offer an exchange service.

By far the easiest way to get money in Portugal is to use your debit or credit card to withdraw cash from any of the large number of ATM machines, called "**Multibanco**". You'll find them all over Lisbon and you can withdraw up to €200 per day.

BUSES The main terminal is at Avda João Crisóstomo (see map p.141). Other bus services leave from Praça de Espanha (metro Praça de Espanha) for Transportes Sul do Tejo (☎217 262 740) for departures to Caparica, Sesimbra and Setúbal and places south of the Tejo.

CAR RENTAL **Alamo/Guerin**, Avda Alvares Cabral 45b ☎213 703 400; **Auto Jardim**, Rua Luciano Cordeiro 6 ☎213 549 182, airport ☎218 463 187; **Avis**, Campo Grande 390 ☎217 547 800; **Budget**, Rua Castilho 167b ☎213 860 516, airport ☎218 478 803; **Europcar**, Santa Apolónia station ☎218 861 573, airport ☎218 401 176; **Hertz**, Rua Castilho 72 ☎213 812 430, airport ☎218 463 154; **Nova Rent**, Largo Monterroio Mascarenhas 9 ☎213 845 270.

CINEMAS Lisbon has dozens of cinemas, virtually all of them showing original-language films with Portuguese subtitles, and ticket prices are low (around €4–5; cheaper on Mondays). The tourist offices should be able to tell you what's on, or consult the listings outside the ABEP kiosk on the southeast corner of Praça dos Restauradores. Most cinemas are open from around midday, with last performances at around 11pm. Among the most interesting art-house venues is **Quarteto**, Rua das Flores Lima 1 (☎217 971 244; metro Entre Campos), off Avenida Estados Unidos, with four screens. The **Instituto da Cinemateca Portuguesa**, Rua Barata Salgueiro (☎213 596 266; metro Avenida), the national film theatre, has twice-daily shows, ranging from contemporary Portuguese films to silent classics, and contains its own cinema museum. Mainstream movies are shown at various **multiplexes** around the city. The best and most central is the São Jorge, Avenida da Liberdade 175 (☎213 103 400), with just three large screens.

DISABLED TRAVELLERS The Secretariado Nacional Para a Reabilitação

e Integração das Pessas com Deficiêcia, Avda Conde Valbom 63, ⓣ217 929 500, ⓦ www.snripd.mts.gov.pt, produces the *Accessible Tourism Guide* in English featuring disabled-friendly travel agents, restaurants, clubs, clinics, and so on. Lisbon airport offers a service for wheelchair users if advance notice is given (ⓣ213 632 044), while the Orange Badge symbol is recognized for disabled car parking. The main public transport company, Carris, offers an inexpensive dial-a-ride minibus service, O Serviço Especial de Transporte de Deficientes (€1 per trip; Mon–Fri 6.30am–10pm, Sat & Sun 8am–10pm; ⓣ213 613 161, ⓦ www.carris.pt), though two days' advance notice and a medical certificate are required. The following museums have disabled access: Museu de Arqueologia; Museu de Arte Popular; Museu do Chiado; Museu dos Coches; Museu Nacional de Arte Antiga.

ELECTRICITY Portugal uses two-pin plugs (220v). UK appliances will work with a continental adaptor.

EMBASSIES AND CONSULATES **Australia**, Avda da Liberdade 198–2° (metro Avenida; ⓣ213 101 500); **Canada**, Avda da Liberdade 196–200, (metro Avenida; ⓣ213 164 600); **Ireland**, Rua da Imprensa à Estrela 1–4° (tram #28 to Estrela; ⓣ213 929 440); **New Zealand**, Avda António Aguiar 122 (metro São Sebastião or Parque; ⓣ213 509 690); **South Africa**, Avda Luís Bivar 10 (metro Picoas; ⓣ213 304 217); **UK**, Rua de São Marçal 174 (metro Rato; ⓣ213 223 649); **USA**, Avda das Forças Armadas (metro Jardim Zoológico; ⓣ217 273 300).

EMERGENCIES Call ⓣ112 for police, ambulance and fire.

GAY AND LESBIAN The **Centro Comunitário Gay e Lésbica de Lisboa** (Rua de São Lázaro 88 international ⓣ218 873 918, ⓦ www.ilga-portugal.org; Wed–Sat 6pm–midnight), just north of Metro Martim Moniz, is Lisbon's main gay and lesbian community centre. The centre organizes political and cultural events and its comprehensive website (in English and Portuguese) is a good resource. The centre is also home to Rede Exaequo (ⓦ www.ex-aequo.web.pt), a gay association geared towards people under 30.

HOSPITALS The British Hospital, Rua Saraiva de Carvalho 49 (ⓣ213 955 067), has English-speaking staff and doctors on call from 8.30am to 9pm.

INTERNET ACCESS There are lots of Internet points and cyber-cafés charging around €1–3 per hour for Internet use. Useful options in each main neighbourhood include: **Ponto Net**, above the Lisbon Welcome Centre in Praça do Comércio, Baixa (daily 9am–8pm; ⓣ210 312 815); **Web Café**, Rua do Diário de Notícias 16, Bairro Alto (daily 4pm–2am; ⓣ213 421 181); and **Cyberica**, Rua Duques de Bragança 7, Chiado (daily 11am–midnight; ⓣ213 421 707).

LEFT LUGGAGE There are 24-hour lockers at the airport, the main train stations and the bus station on Avda João Crisóstomo, charging €2–7, depending on the size of the bag.

LOST PROPERTY Report any loss to the tourist police station in the Foz Cultura building in Palácio Foz, Praça dos Restauradores (daily 24hr ⓣ213 421 634).

MAIL **Post offices** (*correios*) are normally open Monday to Friday 8.30am to 6.30pm. The main Lisbon office is at Praça dos Restauradores 58 (ⓣ213 238 700) (see map p.172–173). **Stamps** (*selos*) are sold at post offices and anywhere that has the sign "Correio de Portugal – Selos" displayed. To send a postcard to Europe costs €0.55, or to the rest of the world €1.25.

MONEY Portugal's currency is the **euro** (€), with notes issued in denominations of 5, 10, 20, 50, 100, 200 and 500 euros, and coins in denominations of 1, 2, 5, 10, 20 and 50 cents, and 1 and 2 euros.

PHARMACIES Pharmacies are open Mon–Fri 9am–1pm & 3–7pm, Sat 9am–1pm. Local papers carry information about **24hr pharmacies** and the details are posted on every pharmacy door, or ⓣ118 – for details of 24hr pharmacies.

PUBLIC HOLIDAYS Official holidays are: **January 1** (New Year's Day); February/March (Carnival); **Good Friday**; **April 25** (celebrating the 1974 revolution); **May 1** (Labour Day); **June 10** (Portugal Day and Camões Day); **June 13** (Santo António); **August 15** (Feast of the Assumption); **October 5** (Republic Day); **November 1** (All Saints' Day); **December 1** (Independence Day, celebrating independence from Spain in 1640); **December 8** (Immaculate Conception); **December 24–25** (Christmas).

TELEPHONES Calls are easily made using card-operated public telephones called *credifones*, which you'll find all over Lisbon. Phone cards cost either €3, €6 or €9, and are available from post offices, larger newsagents and street kiosks. Calls can also be made from the **telephone office** (Mon–Fri 8am–11pm) next to the main post office in Praça dos Restauradores. Most European-subscribed **mobile phones** will work in Lisbon though you may need to get international access switched on and you are likely to be charged extra for incoming and outgoing calls. The cheap rate for national and international calls is applicable between 9pm and 9am Monday to Friday, and all day weekends and public holidays.

TICKETS You can buy tickets for Lisbon's cinemas, theatres and many concerts from the ABEP Kiosk (Agencia de Bilhetes para Espectaculos Públicos), see Rossio map p.172–173**,** on Praça dos Restauradores (daily 9am–9.30pm) and from the ticket office in FNAC in the Armazéns do Chiado shopping centre (see p.101), as well as from the main venues themselves.

TIME Portuguese time is the same as Greenwich Mean Time (GMT). Clocks go forward an hour in late March and back to GMT in late October.

TIPPING Service charges are included in hotel and restaurant bills. It's usual to round up restaurant bills to the nearest €1 or so; other than this, tips are not expected. Hotel porters, toilet attendants and cinema ushers do expect tips of at least €0.50 though.

TOILETS There are very few public toilets in the streets, although they can be found in nearly all the museums and main tourist sights (signed variously as *casa de banho*, *retrete*, *banheiro*, *lavabos* or "WC"), and it is not that difficult to sneak into a café or restaurant if need be. Gents are usually marked H (*homens*) or C (*cabalheiros*), and ladies M (*mulheres*) or S (*senhoras*).

TRAVEL AGENTS **Marcus & Harting**, Rossio 45–50 (☎213 224 550), is a good, central option for bus tickets and general travel information. The well-informed **Top Tours**, Avda Duque de Loulé 108 (☎213 108 800), near metro Marquês de Pombal, also acts as an American Express agent. **USIT** Tagus, Rua Camilo Castelo Branco 20 (☎213 525 986), specializes in discounted student tickets and sells ISIC cards.

Language

Language

The basics

English is widely spoken in most of Lisbon's hotels and tourist restaurants, but you will find a few words of Portuguese extremely useful if you are travelling on public transport, or in more out of the way places. If you have some knowledge of Spanish, you won't have much problem reading **Portuguese**. Understanding it when it's spoken, though, is a different matter: pronunciation is entirely different and at first even the easiest words are hard to distinguish. Once you've started to figure out the words it gets a lot easier very quickly.

Pronunciation

The chief difficulty with **pronunciation** is the lack of clarity of the language – consonants tend to be slurred, vowels nasal and often ignored altogether. The **consonants** are, at least, consistent:

C is soft before E and I, hard otherwise unless it has a cedilla – *açucar* (sugar) is pronounced "assookar".

CH is somewhat softer than in English; *chá* (tea) sounds like Shah.

J is pronounced like the "s" in pleasure, as is G except when it comes before a "hard" vowel (A, O and U).

LH sounds like "lyuh" (Alcantarilha).

Q is always pronounced as a "k".

S before a consonant or at the end of a word becomes "sh", otherwise it's as in English – Sagres is pronounced "Sahgresh".

X is also pronounced "sh"– caixa (cash desk) is pronounced "kaisha".

Vowels are worse – flat and truncated, they're often difficult for English-speaking tongues to get around. The only way to learn is to listen: accents **Ã**, **Ô** or **É** turn them into longer, more familiar sounds. When two vowels come together they continue to be enunciated separately except in the case of **EI** and **OU** – which sound like A and long O respectively. E at the end of a word is silent unless it has an accent, so that *carne* (meat) is pronounced "karn", while café sounds much as you'd expect. The **tilde over Ã or Õ** renders the pronunciation much like the French -an and -on endings only more nasal. More common is **ÃO** (as in *pão*, bread – *são*, saint – *limão*, lemon), which sounds something like a strangled yelp of "Ow!" cut off in midstream.

Words and phrases

Basics

yes; no	**sim; não**
hello; good morning	**olá; bom dia**
good afternoon/night	**boa tarde/noite**
goodbye, see you later	**adeus, até logo**
today; tomorrow	**hoje; amanhã**

please	**por favor/ se faz favor**
everything all right?	**tudo bem?**
it's all right/OK	**está bem**
thank you (male/ female speaker)	**obrigado/a**
where; what	**onde; que**
when; why	**quando; porquê**
how; how much	**como; quanto**
I don't know	**não sei**
do you know…?	**sabe…?**
could you…?	**pode…?**
is there…? there is (pronounced *taying*)	**há…? (silent "H")**
do you have…?	**tem…?**
I'd like…	**queria…**
sorry; excuse me	**desculpe; com licença**
do you speak English?	**fala Inglês?**
I don't understand	**não compreendo**
this; that	**este/a; esse/a**
now; later	**agora; mais tarde**
more; less	**mais; menos**
big; little	**grande; pequeno**
open; closed	**aberto; fechado**
women; men	**senhoras; homens**
toilet/bathroom	**lavabo/quarto de banho**

Getting around

left, right, straight ahead	**esquerda, direita, sempre em frente**
here; there	**aqui; ali**
near; far	**perto; longe**
Where is the bus station?	**Onde é a estação de camionetas?**
the bus stop for…	**a paragem de autocarro para…**
Where does the bus to… leave from?	**Donde parte o autocarro para…?**
What time does it leave?	**A que horas parte?**
(arrive at…?)	**(chega a…?)**
Stop here please	**Pare aqui por favor**
ticket (to)	**bilhete (para)**
round trip	**ida e volta**

Accommodation

I'd like a room	**Queria um quarto**
It's for one night	**É para uma noite**
(week)	**(semana)**
It's for one person/ two people	**É para uma pessoa (duas pessoas)**
How much is it?	**Quanto custa?**
May I see/ look around?	**Posso ver?**
Is there a cheaper room?	**Há um quarto mais barato?**
with a shower	**com duche**

Shopping

How much is it?	**Quanto é?**
bank; change	**banco; câmbio**
post office	**correios**
(two) stamps	**(dois) selos**
What's this called in Portuguese?	**Como se diz isto em Português?**
What's that?	**O que é isso?**

Days of the week

Sunday	**domingo**
Monday	**segunda-feira**
Tuesday	**terça-feira**
Wednesday	**quarta-feira**
Thursday	**quinta-feira**
Friday	**sexta-feira**
Saturday	**sábado**

Numbers

1	**um**	18	**dezoito**
2	**dois**	19	**dezanove**
3	**três**	20	**vinte**
4	**quatro**	21	**vinte e um**
5	**cinco**	30	**trinta**
6	**seis**	40	**quarenta**
7	**sete**	50	**cinquenta**
8	**oito**	60	**sessenta**
9	**nove**	70	**setenta**
10	**dez**	80	**oitenta**
11	**onze**	90	**noventa**
12	**doze**	100	**cem**
13	**treze**	101	**cento e um**
14	**catorze**	200	**duzentos**
15	**quinze**	500	**quinhentos**
16	**dezasseis**	1000	**mil**
17	**dezassete**		

Menu glossary

Basic words and terms

almoço	lunch
assado	roasted
colher	spoon
conta	bill
copo	glass
cozido	boiled
ementa	menu
estrelado/frito	fried
faca	knife
fumado	smoked
garfo	fork
garrafa	bottle
grelhado	grilled
jantar	dinner
mexido	scrambled
pequeno almoço	breakfast

Soups, salad and staples

arroz	rice
azeitonas	olives
batatas fritas	chips/ french fries
caldo verde	cabbage soup
fruta	fruit
gaspacho	chilled vegetable soup
legumes	vegetables
manteiga	butter
ovos	eggs
pão	bread
pimenta	pepper
piri-piri	chilli sauce
queijo	cheese
sal	salt
salada	salad
sopa de legumes	vegetable soup
sopa de marisco	shellfish soup
sopa de peixe	fish soup

Fish and shellfish

arroz de marisco	seafood rice
atum	tuna
bacalhau à brás	salted cod with egg and potatoes
caldeirada	fish stew
camarões	shrimp
carapau	mackerel
cataplana	fish, shellfish or meat stewed in a circular metal dish
cherne	stone bass
dourada	bream
espada	scabbard fish
espadarte	swordfish
gambas	prawns
lagosta	lobster
lulas (grelhadas)	squid (grilled)
mexilhões	mussels
pescada	hake
polvo	octopus
robalo	sea bass
salmão	salmon
salmonete	red mullet
santola	spider crab
sapateira	crab
sardinhas na brasa	charcoal-grilled sardines
tamboril	monkfish
truta	trout
viera	scallop

Meat

alheira	chicken sausage
bife à portuguesa	thin beef steak with a fried egg on top
borrego	lamb
chouriço	spicy sausage
coelho	rabbit
cozido à portuguesa	boiled casserole of meats and beans, served with rice and vegetables
dobrada	tripe
espetada mista	mixed meat kebab
febras	pork steaks
fiambre	ham

frango no churrasco	barbecued chicken
pato	duck
perdiz	partridge
perú	turkey
porco à alentejana	pork cooked with clams
presunto	smoked ham
vitela	veal

Drinks

um copo/uma garrafa de/da...	a glass/bottle of...
vinho branco/tinto	white/red wine
cerveja	beer
água (sem/com gás)	mineral water (without/with gas)
sumo de laranja/maçã	orange/apple juice
chá	tea
café	coffee
sem/com leite	without/with milk
sem/com açúcar	without/with sugar

Index and small print

A Rough Guide to Rough Guides

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Help us update

We've gone to a lot of effort to ensure that the first edition of **Lisbon DIRECTIONS** is accurate and up-to-date. However, things change – places get "discovered", opening hours are notoriously fickle, restaurants and rooms raise prices or lower standards. If you feel we've got it wrong or left something out, we'd like to know, and if you can remember the address, the price, the time, the phone number, so much the better.

We'll credit all contributions, and send a copy of the next edition (or any other DIRECTIONS guide or Rough Guide if you prefer) for the best letters. Everyone who writes to us and isn't already a subscriber will receive a copy of our full-colour thrice-yearly newsletter. Please mark letters: "**Lisbon DIRECTIONS Update**" and send to: Rough Guides, 80 Strand, London WC2R 0RL, or Rough Guides, 4th Floor, 345 Hudson St, New York, NY 10014. Or send an email to **mail@roughguides.com**

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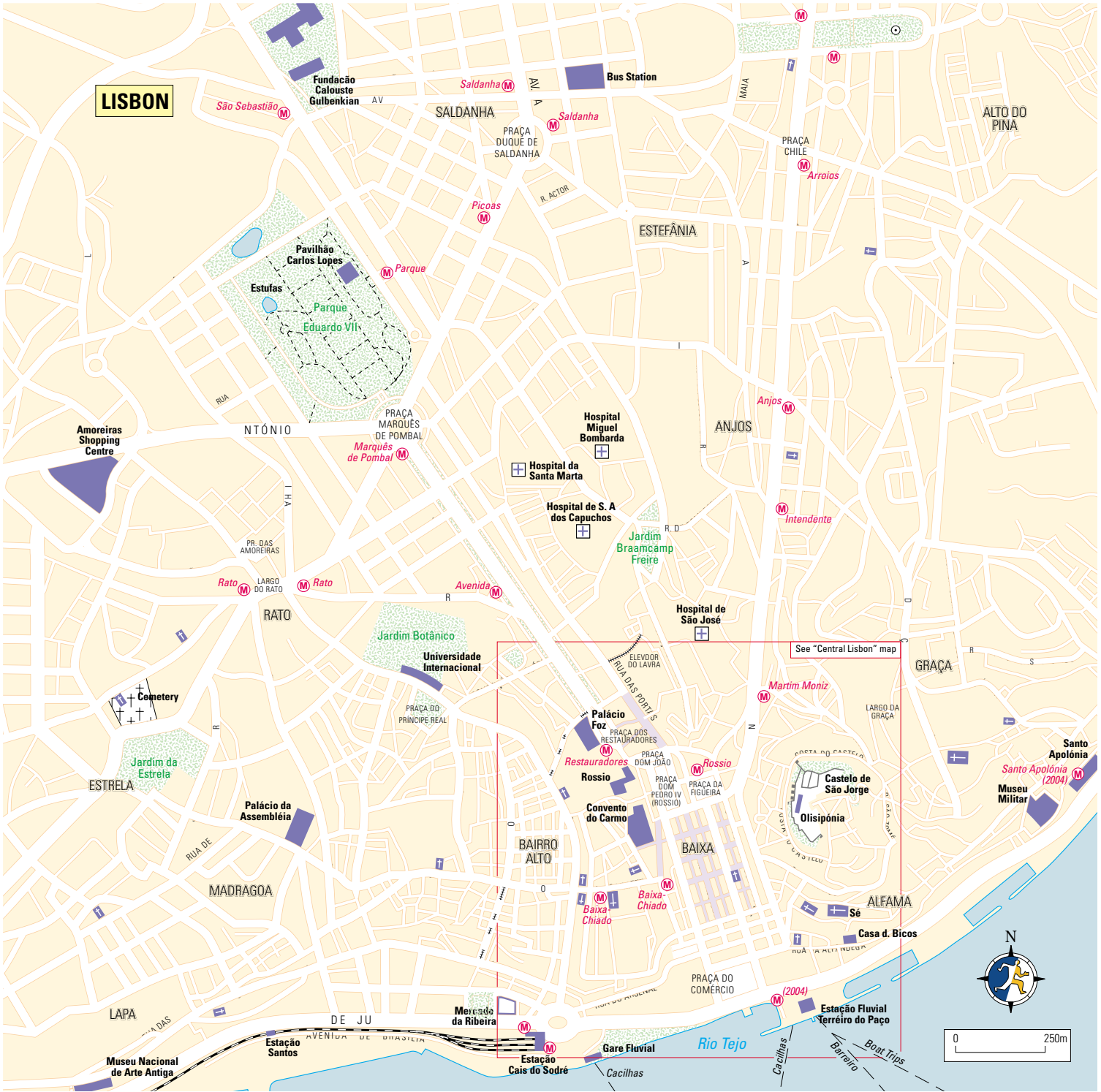
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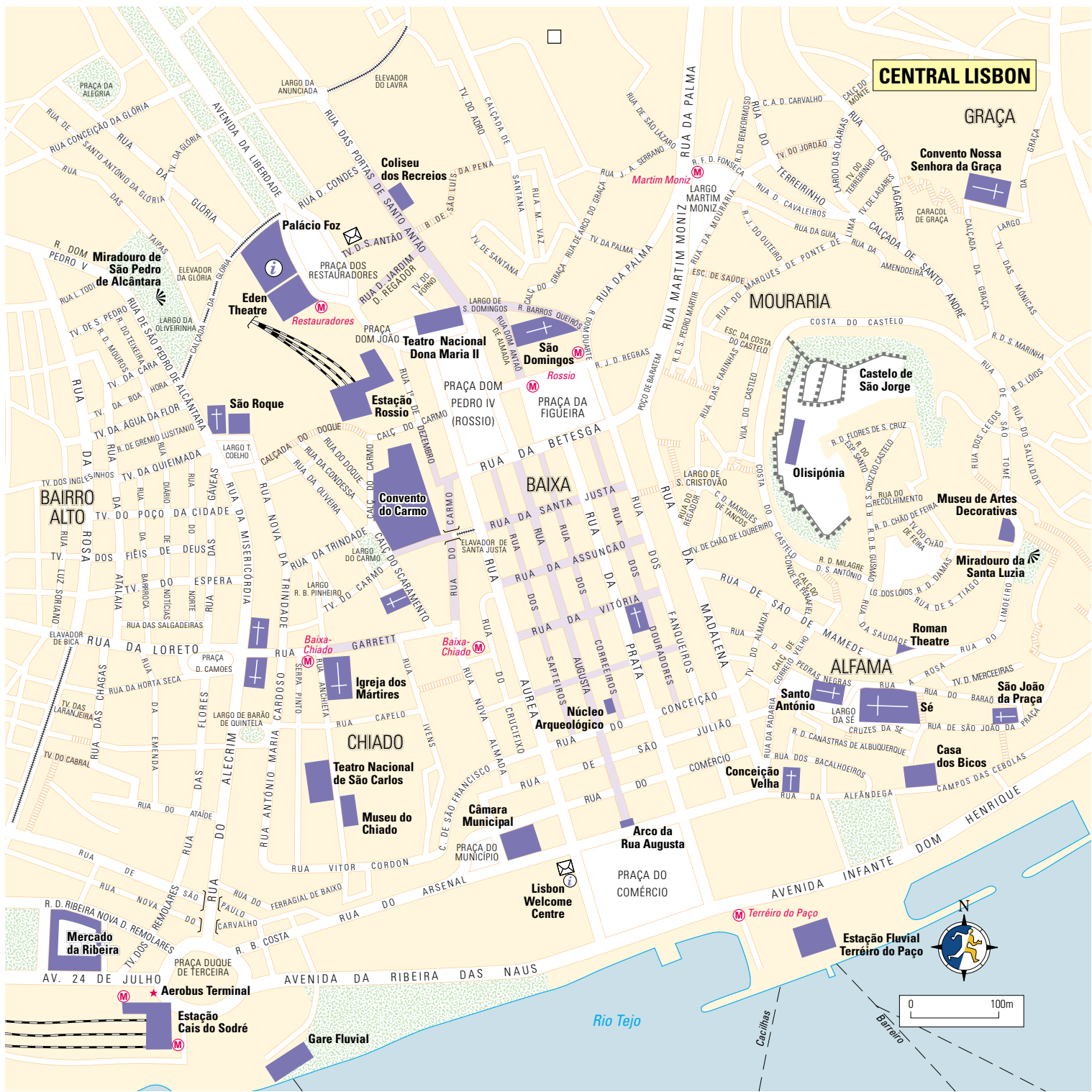
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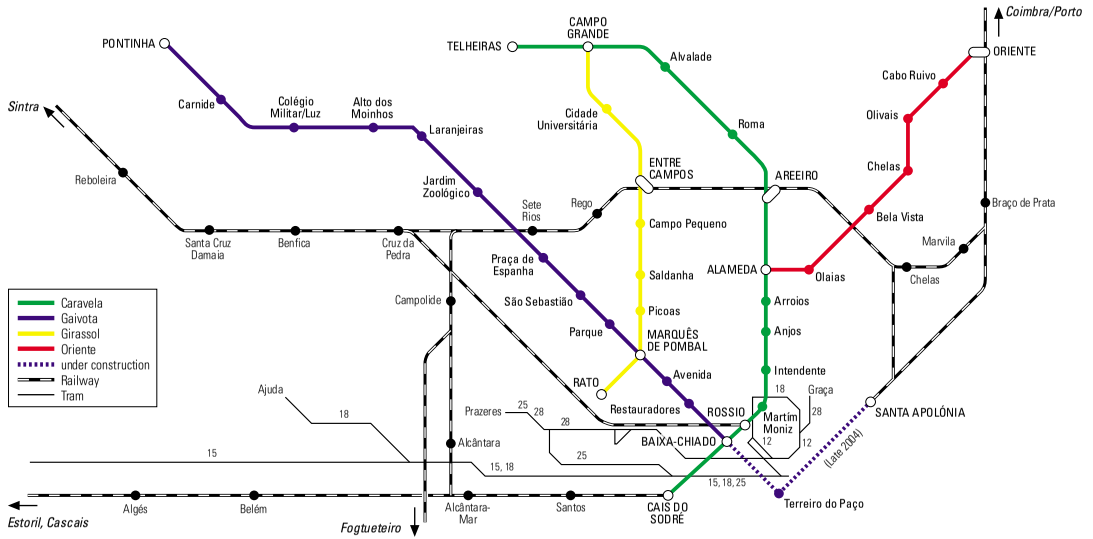
RUA DO COMÉRCIO
RUA DA PRATA
RUA DOS FANQUEIROS
RUA DOS SAPATEIROS
RUA AUGUSTA
RUA DOS CORREEIROS
RUA DA CONCEIÇÃO
RUA DO CRUCIFIXO
RUA NOVA DA ALMADA
RUA DO ALECRIM
RUA ANTÓNIO MARIA CARDOSO
RUA DAS FLORES
RUA DA ATALAIA
RUA DA ROSA
RUA DA MISERICÓRDIA
RUA NOVA DA TRINDADE
RUA DA QUEIMADA
RUA DA BOA HORA
RUA DA GLÓRIA
RUA DA LOURIÇA
RUA DA PADARIA
RUA DA SAUDADE
RUA DO LIMOEIRO
RUA DO SALVADOR
RUA DOS CEGOS
RUA DO ALECRIM
RUA DO CARMO
RUA DO CRUCIFIXO
RUA DO ATAÍDE
RUA DO CABRAL
RUA DAS CHAGAS
RUA DAS GÁVEAS
RUA DAS SALGADEIRAS
RUA DA HORTA SECA
RUA DO ALECRIM
RUA DO ARSENAL
RUA DO FERRAGIAL DE BAIXO
RUA DO CARVALHO
RUA DOS REMOLARES
RUA DE SÃO PAULO
RUA DE SANTO ANTÓNIO DA GLÓRIA
RUA CONCEIÇÃO DA GLÓRIA
RUA DAS PORTAS DE SANTO ANTÃO
RUA D. CONDES
RUA DO DOQUE
RUA DA CONDESSA
RUA DA OLIVEIRA
RUA DO CARMO
RUA DO ALECRIM
RUA DO ATAÍDE
RUA DO CABRAL
RUA DAS CHAGAS
RUA DAS GÁVEAS
RUA DAS SALGADEIRAS
RUA DA HORTA SECA
RUA DO ALECRIM
RUA DO ARSENAL
RUA DO FERRAGIAL DE BAIXO

LISBON METRO



AROUND LISBON
Sta. Cruz
A8
Torres Vedras
Ericeira
Gradil
Sobreiro
Mafra
IC16
A8
Bucelas
A1
Alverca do Ribatejo
Azenhas do Mar
Praia Grande
Praia das Maçãs
Tram (summer only)
Colares
Sintra
A9 (CREL)
Oriente
Cabo da Roca
SERRA DE SINTRA
Azoia
Capuchos
IC19
Queluz
LISBON
PONTE VASCO DA GAMA
A12
Praia de Guincho
Monsanto
Rossio
Sta. Apolónia
Cascais
Estoril
A5
Belém
Cais de Sodré
Carcavelos
Oeiras
Rio Tejo
Cacilhas
Trafaria
Almada
Caparica
Seixal
Barreiro
ATLANTIC OCEAN
toy train
summer only
Costa da Caparica
Fonte da Telha
IC21
A2
10
Vila Nogueira de Azeitão
Lagoa de Albufeira
Praia do Meco
Santana
SERRA DE ARRÁBIDA
Portinho da Arrábida
Sesimbra
Cabo Espichel
N
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10km

DIRECTIONS

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